

Self Esteem Affirmations

I am competent, smart and able
I love the person I am becoming
I am growing and changing for the better
I believe in my skills and abilities
I have great ideas
I deserve the love I am given
I inspire others
I believe in my abilities
I have high self esteem
I am able to change when necessary
I approve of myself
I accept compliments
I am a strong confident person
I deserve love and respect
I have courage
I look for solutions to my problems
I have a healthy, positive and loving attitude
I deserve good things