

# SELF LOVE AFFIRMATIONS

I believe in me

I am not my mistakes

I am successful

I am enough

I believe in the person I dream of becoming

I choose to be happy and love myself today

Positivity is a choice, I choose to be positive

I am free of worry

I choose to not take it personally

What I give is what I receive

I honor my commitments to myself

I choose faith over fear

I matter. I'm allowed to say "no" to others and "yes" to myself

I acknowledge my own self worth

My opinion matters

I am loved and wanted

I am a magnet for love

I deserve rest and relaxation

This is my body and I love it