



101

SELF-LOVE AFFIRMATIONS PDF

Develop a new and life changing mindset



• You're the most influential person for your life

- Body, thank you for carrying me through my worst
- I trust my body and I nourish it with love and acceptance
- I am unique and therefore, no use of comparing with others
- I am the stars and the universe of my life
- I am powerful and I know my worth
- I am capable to bring in the positive changes
- I will not let things that are out of my control to influence my opinion about myself
- I feel good and genuinely happy for every little achievement I make
- I'm living my purpose of self-love and acceptance
- I have the ability to finish what I seek to achieve
- I let my loving heart guide me through life and teach me self-love
- I will not let fear block me in pursuit of my goals
- I've got this and it's awesome

- *I have everything in me that I need to achieve my dreams*
- *I am not what happened to me, I am not fear, remorse, sadness*
- *I choose what I'll become and I have the potential to fulfill it*
- *I watch my negative thoughts and emotions about myself come and go, for they have no real power*
- *I'm replacing each and every negative thought with a positive one*
- *I nurture and grow positive emotions about myself*
- *I know my worth and it's amazing*
- *I'll not shrink my value just to fit in and please others*
- *I feel comfortable in my own skin*
- *I can accomplish anything with self-love and self-acceptance*
- *It's OK to have a bad day*
- *Even a bad day lasts 24 hours*
- *Each new day is a new chance for self-discovery and self-love*
- *I attract positive and vibrant people in my life*

- *I need the extra effort to make it happen, but I am totally worth it*
- *Don't let your own expectations of others disappoint you*
- *I can overcome any obstacle because I am worth it*
- *My current state is not my final destination*
- *I talk with myself like a nurturing parent and the best friend*
- *Pushing my comfort zone is hard, but plentifully rewarding and empowering*
- *Crying is not giving up. Crying is a healthy way of expressing and processing emotions and no weakness.*
- *Allow yourself to cry, to get rid of negative emotion and you'll make room for positive ones*
- *I chose positive thoughts because they shape our reality*
- *I will not let myself dwell in negativity no more*
- *I'll always be kind to myself*
- *I'm in charge of my actions and reactions*
- *I'm the one to make my own choices and decisions*

- I have an innate power to accomplish my goals
- Imperfection is beautiful
- Perfection is an unachievable goal and source of unhappiness
- I am born with unique skills I'm proud of
- My life experiences and life story are just my own, no use of comparing with others
- I'll use my mistakes as a source for learning and improvement, not for self-punishment
- I am not someone else, and therefore, I'm not sharing someone else's life goals
- Each life story is different, and I'm paving my own path
- I'll do at least one thing that I enjoy each and every day
- I'll not beat myself up over a mistake since they're fuel for learning
- I'll celebrate small goals since they will lead to great things
- I'll spend my time with supportive and inspirational people
- I'm in growing and changing for the better
- Life is full of little wonders and opportunities

- *I believe in my skills and abilities to create a better life for myself*
- *I am worthy of the good things that are happening to me*
- *I let go of the negative feelings and perceptions about myself*
- *Today is my big day, I'm blooming with happiness and self-esteem*
- *I am quite a unique creature with a beautiful spirit*
- *I deserve love, happiness and to be cherished by others*
- *I am not discouraged by my imperfections*
- *I choose a positive attitude over the negative one*
- *I radiate happiness and joy*
- *I can manage through ups and downs of my life*
- *Little by little, I'm becoming the person I want to be*
- *I am tougher and braver than I've ever known*
- *Everything is happening for a reason, as a life lesson*
- *I'm flexible and open to change*

- *My life is heading in the right direction*
- *I take joy in every small step I make*
- *I use my inner voice and intuition to find out what's best for me*
- *I know where I'm going and my energy is directed to my destination*
- *I'll not let the overthinking and self-criticism ruin my self-love*
- *I'm proud of myself because I know I'm doing my best*
- *I am ready to accept all the things I cannot change*
- *I enjoy the present moment and cherish being me*
- *I am enough, no matter what others say*
- *I'm not letting others trample my self-love and self-esteem*
- *I believe in myself and in my talents and skills*
- *Rude people see me the way they are, not the way I am*
- *I'll encourage myself without any punishment*
- *I feel good about myself and am kind to myself*
- *I'm not selfish if I put my needs first*

- I'm proud of what I've accomplished so far
- I'm happy that I'm healthy, powerful and
 - unique
- I treat myself with respect since I deserve it
- I'll not judge myself or others
- I don't need validation from others, I'm unique in my talents and pursuits
- I'm persistent in my efforts to make a better life for myself
- I'm self-reliant and powerful
- I foster positive thoughts, ideas, emotions and vibrations whenever I go
- I don't need to prove myself for others and ask for their acceptance
- The universe and karma are by my side
- I am not a prisoner of the past since our past is a valuable life lesson
- I live in the moment and take all little life gifts with pleasure and gratitude
- I feel genuinely beautiful
- Each day I'm becoming more self-confident
- I believe in my ability to achieve anything
- I'm proud of what I've become
- I love and accept myself fully