

POSITIVE AFFIRMATIONS



I am worthy.

I have value.

I am uniquely me.

I am special and offer something that no one else can offer.

I am loved and supported by some wonderfully amazing people.

My body is strong and resilient.

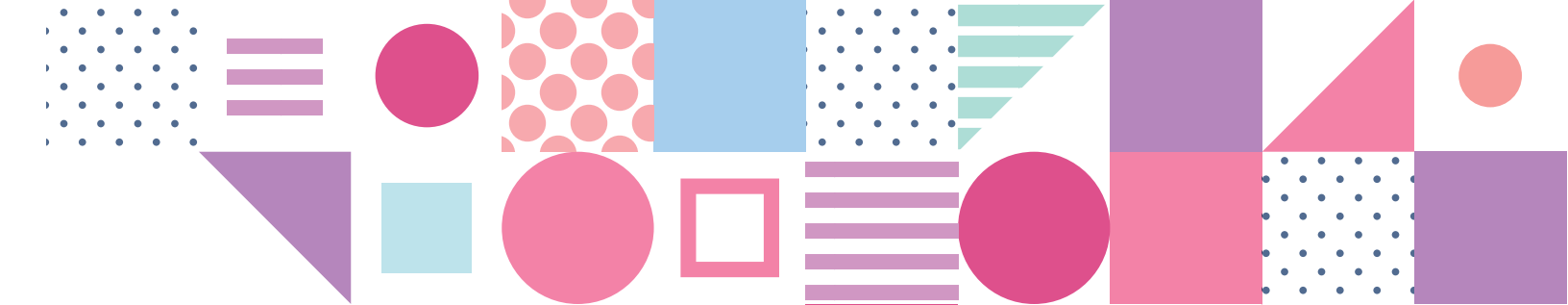
My body takes care of me and allows me to move and travel and get from place to place.

My body honors me by allowing me to have fun and enjoy myself.

I can enjoy moving my body.

I can enjoy nourishing my body.

I am beautiful and I know this is true because my soul has worth and value.



My body houses my soul. My soul is what makes me an awesome person.

I am making steps to learn and accept myself better. I take steps every moment of every day.

I am learning to accept my body and I can choose to make choices that respect and honor my body today.

My body allows me to move from place to place. Because of my body I can hug my friend. My body allows me to enjoy time with loved ones.

I am strong. I have been through a lot and I am still here surviving and working to become the best me.

I am my ideal self today. I can respect myself today because I am growing into the woman I want to be tomorrow. I can make choices today that will make my future self proud.

I am helpful and important. I matter to others and this makes me feel loved and supported.

What makes me valuable is the work I do each day and how I live my life.

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I am kind and helpful. I do so much for other people and this makes them feel special, loved, and valued. I am learning to challenge negativity and can choose to accept helpful thoughts.

I am overcoming and each moment that I survive makes me a stronger person.

I am uniquely and wonderfully made.

My body is beautiful and I am learning to embrace my bodies flaws with gratitude and acceptance.

I accept my body because it has gotten me this far and it is has not failed me yet.

I am enough.

I deserve to be here and I deserve to take up space.

