

AFFIRMATIONS

Improve Self-Esteem

- 1. I am worthy of love, respect, and kindness—especially from myself.**
- 2. I believe in myself and my ability to grow and change.**
- 3. I accept all parts of me, even the ones still healing.**
- 4. I am not defined by my past. I choose who I become.**
- 5. I am enough, exactly as I am, right now.**
- 6. My voice matters, and I have the right to be heard.**
- 7. I show up for myself with compassion every single day.**
- 8. I deserve to take up space and speak my truth.**
- 9. I trust myself to make the best choices for me.**
- 10. I am proud of who I am becoming.**
- 11. I no longer compare myself to others. I honor my unique path.**
- 12. I am allowed to love myself without guilt or shame.**
- 13. I radiate confidence, even when I'm still learning.**
- 14. My self-worth is not up for debate.**
- 15. Every day, I grow more grounded in who I truly am.**
- 16. I release the need to prove myself to anyone.**
- 17. I treat myself with the same love I give others.**
- 18. I am safe to be fully seen and fully me.**
- 19. I forgive myself for the times I doubted my worth.**
- 20. I am becoming someone I'm proud to know.**

Instructions: Repeat these every morning for a minimum of 6 weeks while looking directly in your eyes in the mirror.
Repeat whenever you see an increase in negative self-talk.