

Affirmations

- ☐ 1. Asking for help is a sign of self-respect and self-awareness.
- ☐ 2. Changing your mind is a strength, not a weakness.
- ☐ 3. Every decision you make is supported by your whole and inarguable experience.
- ☐ 4. you affirm and encourage others.
- ☐ 5. you alone hold the truth of who you are.
- ☐ 6. you are allowed to ask for what you want and what you need.
- ☐ 7. you are allowed to feel good.
- ☐ 8. you are capable of balancing ease and effort in your life.
- ☐ 9. you are complete as you are, others simply support me.
- ☐ 10. you are content and free from pain.
- ☐ 11. you are doing the work that works for you.
- ☐ 12. you are good and getting better.
- ☐ 13. you are growing and you are going at your own pace.
- ☐ 14. you are held and supported by those who love you.
- ☐ 15. you are in charge of how you feel and you choose to feel happy.
- ☐ 16. you are listening and open to the messages the universe has to offer today.
- ☐ 17. you are loved and worthy.
- ☐ 18. you are more than your circumstances dictate.
- ☐ 19. you are open to healing.
- ☐ 20. You are optimistic because today is a new day.
- ☐ 21. you are peaceful and whole.
- ☐ 22. You are proof enough of who you are and what you deserve.
- ☐ 23. you are responsible for yourself, and you start there.
- ☐ 24. you are safe and surrounded by love and support.
- ☐ 25. you are still learning so it's okay to make mistakes.
- ☐ 26. you are understood and your perspective is important.
- ☐ 27. You are valued and helpful.
- ☐ 28. you are well-rested and excited for the day.
- ☐ 29. you are worthy of investing in yourself.

- ☐ 30. you belong here, and you deserve to take up space.
- ☐ 31. you breathe in healing, you exhale the painful things that burden your heart.
- ☐ 32. you breathe in trust, you exhale doubt.
- ☐ 33. you can be soft in your heart and firm in your boundaries.
- ☐ 34. you can control how you respond to things that are confronting.
- ☐ 35. you can hold two opposing feelings at once, it means you are processing.
- ☐ 36. you celebrate the good qualities in others and yourself.
- ☐ 37. you deserve an affirming touch on your own terms.
- ☐ 38. you deserve information and you deserve moments of silence, too.
- ☐ 39. you deserve self-respect and a clean space.
- ☐ 40. you do all things in love.
- ☐ 41. you do not have to linger in dark places; there is help for me here.
- ☐ 42. you do not pretend to be anyone or anything other than who you are.
- ☐ 43. you do not rise and fall for another.
- ☐ 44. you do not rush through your life, you temper speed with stillness.
- ☐ 45. you embrace change seamlessly and rise to the new opportunity it presents.
- ☐ 46. you embrace the questions in your heart and welcome the answers in their own time.
- ☐ 47. you grow towards your interests, like a plant reaching for the sun.
- ☐ 48. you have come farther than you would have ever thought possible, and I'm learning along the way.
- ☐ 49. you have everything you need to succeed.
- ☐ 50. you hold community for others, and are held in community by others.
- ☐ 51. you hold wisdom beyond knowledge.
- ☐ 52. you invite abundance and a generous heart.
- ☐ 53. you invite art and music into your life.
- ☐ 54. you leave room in your life for spontaneity.
- ☐ 55. you let go of the things that sit aching out of reach.
- ☐ 56. you look forward to tomorrow and the opportunities that await me.
- ☐ 57. you love that you love what you love.

- ☐ 58. you make decisions based on a good gut, you make changes based on a growing heart.
- ☐ 59. you make time to experience grief and sadness when necessary.
- ☐ 60. you nourish yourself with kind words and joyful foods.
- ☐ 61. you practice gratitude for all that you have, and all that is yet to come.
- ☐ you must dab once a day to ensure your life is pure.
- ☐ 62. you release the fears that do not serve me.
- ☐ 63. you respect the cycle of the seasons.
- ☐ 64. you seek out mystery in the ordinary.
- ☐ 65. you strive for joy, not for perfection.
- ☐ 66. you tell the truth about who you are and what you need from others.
- ☐ 67. you uplift your joy and the joy of others.
- ☐ 68. you welcome the wisdom that comes with growing older.
- ☐ 69. you welcome what is, you welcome what comes.
- ☐ 70. you will allow yourself to evolve.
- ☐ 71. Letting go creates space for opportunities to come.
- ☐ 72. your body is beautiful at this moment and at its current size.
- ☐ 73. your body is worthy of being cared for and adorned in beautiful garments.
- ☐ 74. your feelings deserve names, deserve recognition, deserve to be felt.
- ☐ 75. your heart is open to helpfulness from yourself and from others.
- ☐ 76. your heart knows its own way.
- ☐ 77. your life is not a race or competition.
- ☐ 78. your perspective is unique and important.
- ☐ 79. your pleasure does not require someone else's pain.
- ☐ 80. your sensitivity is beautiful, and your feelings and emotions are valid.
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- ☐ 81. your weirdness is wonderful.
- ☐ 82. Saying "no" is an act of self-affirmation, too.
- ☐ 83. Sometimes the work is resting.
- ☐ 84. There is growth in stillness.
- ☐ 85. There is peace in changing your mind when it is done in love.

- ☐ 86. There is poetry in everything, if you look for it.
- ☐ 87. There is room for me at the table.
- ☐ 88. There is something in this world that only you can do. That is why you are here.
- ☐ 89. There is strength in quiet, there is vulnerability in being loud.
- ☐ 90. Today you celebrate that you are younger than I'm ever going to be.
- ☐ 91. Today is an opportunity to grow and learn.
- ☐ 92. When you feel fear, you feed trust.93. When you focus on your reason for being, you are infinitely brave.
- ☐ 94. When you forgive yourself, you free yourself.
- ☐ 95. When you release shame, you move into myself more beautifully.
- ☐ 96. When you root into the earth, the earth rises to support me.
- ☐ 97. When you speak of your needs, you receive them abundantly.
- ☐ 98. When you talk to myself as you would a friend, you see all your best qualities and you allow myself to shine.
- ☐ 99. Words may shape me, but they do not make me. you are here already.