



# Affirmations

## SELF-ESTEEM

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- *I am proud of myself for beginning this journey and putting in the effort to build my self-esteem*
- *I love myself for showing up today and taking the first step in my personal growth*
- *I will continue to encourage myself*
- *I believe in what I have accomplished and what I will continue to accomplish as I hold the power*
- *I forgive myself for anything I have said negatively about myself in the past and I am excited about the future*
- *I am a creative, intelligent, patient, kind, strong, and beautiful, loving soul*

*And so it shall be*