

Self-Love Affirmations

1. How I view myself is all that matters.
2. I am becoming the person I want to be. I work toward authenticity.
3. I am capable of anything I put my mind to.
4. I am deserving of good things, happiness, and joy.
5. I am enough.
6. I am here, and that matters.
7. I am in charge of my life.
8. I am letting go of my worries.
9. I am not my feelings. This is temporary.
10. I am reclaiming my power.
11. I am releasing all negative emotions from my system.
12. I am safe. I am calm. I trust.
13. I am thankful and grateful for the good in my life.
14. I am unique and that's my superpower.
15. I am worthy love, just as I am.
16. I am worthy of love.
17. I appreciate all the ways that I am unique.
18. I can choose how I perceive every situation.

Self-Love Affirmations

19. I choose the people who surround me.
20. I deserve a peaceful and loving life.
21. I find strength and worth through hardship.
22. I forgive myself for past mistakes.
23. I have power over my thoughts and emotions.
24. I honor my life.
25. I love each part of myself.
26. I welcome in those who love and respect me, and respect themselves.
27. I will heal. I will get through this.
28. It's ok to feel what I need to feel.
29. My mistakes and failures make me stronger and wiser.
30. My path is my choice.
31. My peace is my power.
32. My value is not diminished by my imperfections or the perceptions of others.
33. Progress, not perfection.
34. Small progress is still progress.
35. Stay present. Get grounded.
36. The healing journey may not be linear, but I'm on the right track.
37. This situation will pass, so I choose to deal with it calmly.
38. This too will pass.
39. Today, and every day, I choose joy.