

10

Self Love

Affirmations

- I am worthy of loving and being loved.
- I trust myself.
- My body and my feelings are valid.
- I am doing my best. It is enough.
- I attract love into my life.
- I am beautiful, no matter what I look like.
- I nourish my body with good food and exercise.
- I can accomplish my goals.
- I am kind and smart.
- I am love.