Self-Care Affirmations

(Part 1)

1. I am so grateful for my body
2. Nothing feels better than taking care of myself
3. I am grateful for the millions of invisible ways in which my body works perfectly
4. My body is beautiful for what it can do
5. I am kind and patient with myself as I grow
6. When I give myself permission to be comfortable in my own body, I give others permission to do the same
7. I'm worthy of a life that feels good to live
8. My beauty goes so much deeper than my appearance. The more I see this in myself, the more others can see it too
9. I awaken the light and love within every cell of my being, and radiate it outward to the world
10. I ask for what I want and know that I am worthy of having my dreams come true
11. I am worthy of love, abundance, success, happiness and fulfillment
12. I treat my body with love and respect
13. I take time for myself without having to explain why
14. I am my own best friend
15. I am inspired to take action every day towards living my best life

Self-Care Affirmations

(Part 2)

1. I celebrate my accomplishments
2. I allow love into my life
3. My self-esteem is high because I honor who I am
4. I am more than enough
5. Believing in and valuing myself helps others to believe in and value me
6. I stand up for myself because I matter
7. Today is a wonderful day and I am grateful to be alive
8. I choose to have loving thoughts about myself and my life
9. I will focus on all the little things in my life that mean so much and feel loving gratitude for them
10. I will think of all the wonderful people in my life and how much I love them and I will feel the love
11. I am cool, calm and collected – I can handle anything today will bring
12. I have the power to change my life and I step into my power fully right now
13. My presence makes a difference in the world
14. I joyously take on the challenge of exploring my passions and pursuing my goals so that the world can benefit from my existence
15. I am healthy, happy and live in wisdom