



WORTHY

Positive Affirmation
30 Day Challenge

1. I approve of myself
2. I have a reason for living
3. I am qualified
4. I am interested in my success
5. I am a good person
6. I know who I am
7. It feels good to be me
8. My ideas are important and interesting
9. I have a lot to offer
10. I am worthy of love
11. What I have to say matters
12. I am worthy of having a good life
13. I celebrate my accomplishments
14. I allow love into my life
15. I am worthy of the best in life
16. I am meant to be here
17. I allow myself to accept the best in life
18. I appreciate all that I do
19. I am deeply fulfilled by all that I do
20. I am totally adequate for all situations
21. I choose to feel good about myself
22. I accept and use my own power
23. I am loved and accepted exactly as I am
24. My self-esteem is high because I honor who I am
25. I am more than enough
26. I deserve to have my dreams come true
27. I am lovable and deserving of love
28. I am beautiful, and everybody loves me
29. I forgive myself for not being perfect
30. I am living the very best way I know how