

Create Your Own Affirmations!

What are some things you wish you thought of about yourself?

What are some positive words people describe you as, but you have difficulty believing them?

Pick One Physical Descriptor (or pick your own) to repeat to yourself:
Beautiful, Sexy, Cute, Bright, Enticing, Refreshing, Stunning, Fierce

Choose something you'd like to achieve in yourself, but in an open affirming statement.

Example:

Instead of: I'd like to be more open with people.

You say:

I am open with people.

Or

I am giving myself permission to be open with people.

Now with a set of 5-10 things, use your answers and words at the ends of these statements.
You can pick and choose, mix and match any of them!

I am _____

I am becoming _____

I am receiving _____

I give myself permission _____

I am willing to let go of _____

I am inviting _____

To start, try this for a week repeating your phrases every morning or every night. Don't judge yourself and try not to be critical when you don't believe the words just yet. This is work.

Loving you, cheering you on, and I believe in YOU!

Be well, Be Kind, Be Love.

