

Affirmations

and your self-worth

Why practice affirmations?

Affirmations and the repetition of "I" statements are powerful reminders of where we would like to go. Reminding ourselves of our goals through affirmations focuses our intentions; whether that be to improve our relationships, level up in our careers or remind ourselves of our worth.

Affirmation Ideas

Today I will remain true to myself. I will honour my feelings.

My soul heals through honesty and truthfulness.

It is safe to shine.

I cultivate new hobbies that I enjoy.

My relationships reflect my true values.

I accept myself

I deserve love and I accept it now.

I am so strong.

I am worthy.

