

MY AFFIRMATIONS

Stand close to the mirror, look into your own eyes and gently read these affirmations once per day. Don't rush them. Take your time, and speak your power into existence!



I am in charge of my own life.



My #1 responsibility is my own growth and well-being.



I like myself unconditionally, and I enjoy being the unique person that I am.



I'm completely self-determined and I give others that same right.



I am a fallible human being, who makes mistakes.



I am not my actions. I am the actor. My actions may be good or bad. That doesn't make me good or bad.



I do not have to prove myself to anyone. I need only to express myself as honestly and effectively as I'm capable.



My emotional well-being is dependent primarily on how I love me.



I am enough.



I am a unique and precious human being, doing the best I can, growing and wisdom in love.



I live one day at a time and do first things first.



I am patient and serene, for I have the rest of my life in which to grow.



Every experience I have in life (even unpleasant ones) contributes to my learning and growth.



I make my own decisions and assume the responsibility of any consequences. I am kind and gentle towards me.



No one in the world is more important than I am as a person.



I have the right to take up my space in this world.



I am loyal, forgiving, and gentle to me.



I am a worthwhile and lovable human being.



The better I am to me, the better I will be to others.



I now choose to love, to accept, to embrace, and to fully appreciate myself unconditionally.



I have a Higher Power who loves me unconditionally



I have ample leisure time and deserve to find, create, and feel joy.



I create my reality.

