

Affirmations

Instructions: Stand in front of mirror, look into your eyes & say these affirmations out loud, 3x each.



1. I am in charge of my own life.
2. I take 100% responsibility for my own growth and well being.
3. I accept everything about myself unconditionally and enjoy being the unique person that I am.
4. I am autonomous & self-determined; I give others that same right.
5. I am a perfectly imperfect human being and allow myself to make mistakes.
6. I am not invalidated by my past behaviors. My actions may have been good or bad but they don't make me good or bad.
7. I don't have to prove myself to anyone. I need only to express myself honestly and effectively.
8. My emotional well being is dependent primarily on the content of my thoughts.
9. I let go of what other people think of me. What I think of myself is what matters.
10. I am a unique and precious human being growing in wisdom and love.
11. I live one day at a time and trust my Higher Power with my future.
12. I am patient and confident knowing I have the rest of my life in which to grow.
13. Every experience I have in life (even unpleasant ones) contributes to my growth and recovery.
14. I make my own decisions and assume the responsibility for their consequences.
15. I am compassionate and gentle towards myself.
16. No one in the world is more important than I am as a person. Everyone is equal.
17. I have the right to take up my space in this world.
18. I am loyal, forgiving and gentle to myself.
19. I am a worthwhile, loving and lovable human being.
20. The better I am to myself - the better I will be to others.
21. I now choose to love, accept, embrace and fully appreciate my unique self.
22. I have a Higher Power who knows me intimately & loves me unconditionally.
23. I have ample leisure time and deserve to find, create and feel joy.
24. I live in this moment knowing that my best years are ahead.
25. I have always been enough and will always be enough. Enough is enough!

***If you can't say something nice to yourself...Practice
Get creative & create your own affirmations***