



25 POSITIVE AFFIRMATIONS

#1 YOU ARE LOVABLE.

#2 YOU ARE AWESOME.

#3 You are worthy.

#4 Trust your wise voice within.

#5 You are strong.

#6 YOU ARE BRAVE.

#7 STAND TALL With self-respect.

#8 Be courageous with your gentle heart.

#9 You belong.

#10 You matter, No matter what.

#11 You bring joy to this world.

#12 YOU ARE SMART.

#13 You are adventurous.

#14 Treat yourself with compassion.

#15 Talk to yourself like you would a friend.

#16 You are enough.

#17 Step into your power.

#18 YOU OWN THIS.

#19 Believe in yourself.

#20 Trust yourself.

#21 You are beauty-filled.

#22 You are strong like a mountain.

#23 You are resilient like a river.

#24 YOU ARE FREE LIKE THE SKY.

#25 YOU CAN GET THROUGH HARD THINGS.