

## POSITIVE AFFIRMATIONS

MY EXISTENCE IS VALUABLE.  
 I DESERVE HAPPINESS.  
 I AM DOING MY BEST.  
 I AM STRONG.  
 IT IS OKAY TO ASK FOR HELP.  
 I AM WORTHY OF FORGIVENESS.  
 I AM GRATEFUL.  
 I AM LOVED.  
 TAKING TIME FOR MYSELF IS HEALTHY.  
 I AM CAPABLE.  
 I AM PROUD OF MY ACCOMPLISHMENTS.  
 I AM NOT MY MISTAKES.  
 EVERY DAY I AM IMPROVING.  
 I AM NOT MY NEGATIVE THOUGHTS.  
 MY FEELINGS ARE VALID.  
 I AM HEALTHY.  
 I AM WALKING AT MY OWN PACE.  
 I AM GROWING AND LEARNING.  
 I AM IN CONTROL OF MY LIFE.  
 I AM CAPABLE OF OVERCOMING DIFFICULTIES.  
 I AM WORTHY.  
 I ACCEPT AND LOVE MYSELF.  
 I CHOOSE MY OWN MINDSET.  
 I ACKNOWLEDGE MY PROGRESS.  
 I CAN SAY NO.