



NEW YEAR NEW YOU

POSITIVE AFFIRMATIONS

- I ACCEPT MYSELF JUST AS I AM
- I AM PROUD OF MYSELF FOR EVEN DARING TO TRY
- I AM LEARNING TO TRUST MY INTUITION
- I KNOW I AM DOING THE BEST I CAN
- I AM CREATING THE LIFE I LOVE
- I HONOR MYSELF AND THE DECISIONS I MAKE
- I CHOOSE TO STOP APOLOGIZING FOR BEING ME
- I AM FREE OF ALL LIMITING BELIEFS
- I CHOOSE TO BE KIND TO MYSELF
- I HAVE ENOUGH. I DO ENOUGH. I AM ENOUGH
- I DESERVE LOVE AND COMPASSION
- I ONLY SPEAK KINDLY TO MYSELF
- I AM WORTHY OF MY DESIRES
- I KNOW WHO I AM AND KNOW MY VALUE
- I AM MORE THAN MY BODY
- I ATTRACT WONDERFUL PEOPLE INTO MY LIFE
- I AM HAPPY TO TREAT MY BODY WITH RESPECT
- I GIVE AND RECEIVE LOVE FREELY
- I ENJOY MY OWN COMPANY
- I AM FILLED WITH GRATITUDE FOR WHO I AM
- I LOVE THE PERSON I AM BECOMING
- I TRUST MYSELF AND MY FEELINGS COMPLETELY
- I AM COURAGEOUS AND SPEAK MY TRUTH
- ALL I NEED IS WITHIN ME
- I AM WORTH LOVING
- I FORGIVE MYSELF FOR THE MISTAKES THAT I'VE MADE
- MY BODY IS STRONG AND BEAUTIFUL
- MY VOICE IS MEANINGFUL AND POWERFUL
- I HAVE TIME AND I AM PATIENT
- I AM BEAUTIFULLY MADE