

# Daily Affirmations

- I am worthy of love and acceptance.
- Today, I prioritize my peace.
- I embrace my uniqueness.
- My body deserves rest.
- I trust my journey.
- I release the past, embrace the present.
- I am enough.
- I won't give up on my dreams.
- I am deserving of self-care and compassion.
- Today, I choose to honor my needs & wants.
- I love and accept myself.
- I believe in my abilities and strengths.
- I forgive myself.
- I give myself grace.
- My thoughts are filled with positivity and abundance.
- I can achieve my goals.
- I release fear and step into courage.
- I have joy and fulfillment.
- I look good.