

My Affirmations For Self Worth

Affirmations only work if you understand and trust the process. It is not the words that you are speaking that make the difference so much as it is the impression you are making on your conscious and subconscious minds that in turn changes your belief system. This is only achieved through repetition!

Feel The Passion And Imagine The Desired End Result As You Repeat These.

*I graciously accept love and appreciation because I know that I
deserve the best of everything.*

I rejoice in the love I encounter every day.

*I give out love and it is always returned to me
“pressed down”, “shaken together”, and “running over”.*

I attract only “healthy” relationships.

I release any striving or desperation and allow love of all kinds to find me.

I believe in myself and others “sense” this and also believe in me.

People respond positively to me.

I am at peace.

I trust in the process of life and God’s creation.

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I clearly express my needs and feelings in a positive calm manner.

I am my own unique self — I am special, creative and wonderful.

I am as cute as can be!

I enjoy my relationships because they are always loving and harmonious.

My life is filled with joy and delightful surprises.

*I stop all unforgiveness, and criticism and just relax
and be open to the truth of who I am.*

My life is filled and running over with fun, joy, love, and friendship.

I allow wonderful things to flow into my life.

I am competent — I am energetic

I am strong — I am enthusiastic

I am intelligent — I am relaxed

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I am beautiful — I am joyful

I am a good person — I am trusting

I am caring — I am generous

I am loving — I am courageous

I am smart — I am forgiving

I am creative — I am open

I am talented — I am sharing

I am the best friend I have.

I have found solutions to situations like this before.

I have the ability to handle what I create.

I am a capable human being.

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I love others and I am loved in return.

I am a skillful and artistic person.

I show others a good example.

I know when letting go is best for them and for me.

I am responsible only for my own feelings.

*I owe no one explanations for my behavior, which is
legally, morally and ethically correct.*

I deserve to have my rights recognized.

I am a deserving human being.

I deserve to enjoy the fruits of my labor.

I deserve to be rewarded for what I do.

I love myself for who I am.

*It is OK to be selfish when it comes to
my own needs if I don't hurt anyone.*

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I like the way I handle problems.

I am able to handle any problem I face.

I have the right to feel the way I do.

I deserve to relax more and take it easy.

There are beautiful things happening in my life daily.

I experience the excitement of growth daily.

Change is a blessing that always rewards me.

Taking risks is the path to my personal growth.

I grow in love daily.

I face each new day as a race to be won.

I am winning in the race of life.

I am a rich treasure ready to be found.

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I let others know who I am.

Sometimes I “love” people by letting go or by leaving them alone.

I am responsible and relaxed.

I am free from guilt.

Every situation is an opportunity for success and advancement.

My possibilities are endless.

I enjoy success.

I can handle all changes that come my way.

Wealth is pouring into my life.

I am sailing on the river of wealth.

I am getting wealthier each day.

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My body is healthy and functioning in a very good way.

Whenever I sense fear —I replace it with discernment and understanding.

I am calm and relaxed in every situation.

My thoughts are under my control.

I radiate love and happiness.

I am surrounded by love.

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