

# Daily Affirmations

I am intelligent

I am funny

I love who I am now

I am grateful for my home

I have time to do things I love

My thoughts matter

I am allowed to take up space

I am allowed to be loud

I like me

I love me

I am beautiful

I love my body

My feelings matter

I am grateful for my loved ones

I am so loved

I deserve and receive massive amounts of love every day

I am allowed to say No

My mistakes don't define me

I am important and I matter

I am enough

I love and accept myself

I find freedom in my vulnerability

I feel wonderful and alive

I am worthy

I am in charge of my own self-worth

I am exactly where I need to be right now

I let go of the things I cannot control

I am calm and peaceful

I am in love with myself and my body

My growth is a continuous process

