

AFFIRMATIONS

Affirmations are positive statements used in present tense. They can assure us, provide emotional support or encouragement, and lift us up. When we feel negative feelings, we can counter them with positive declarations. Some examples of affirmations:

I accept my experience

I set healthy boundaries

I can take care of myself

I am aware of my wants and needs

I have self-compassion

I am peaceful

I trust my intuition

I can find safety

I do the best I can

I am loved

I am strong

I am healing

I am enough

I am worthy

I will handle what comes into my life

I am respected

I am beautiful or handsome

My body is sacred

I am whole and complete

I enjoy asserting myself

I choose to experience kindness and compassion

I am thankful for being a human being