

Affirmations

For the self-affirmation skeptic

- I am learning to _____
- I am willing to learn _____
- I can try _____

To cultivate self-worth

- I have inherent worth
- I have value just for being me
- I deserve respect from others and from myself
- My needs are important

To support my growth

- It's ok to be where I am
- I can do hard things
- I can forgive myself
- I give myself time

To connect with my authentic self

- It's ok to be where I am
- I can do hard things
- I can forgive myself
- I do not always have to care for others

My affirmation(s)

