

I am enough, exactly as I am.

I treat myself with love and respect.

My worth is not up for debate.

I release comparison and embrace my journey.

I choose to speak kindly to myself.

My body is worthy of love and care.

I set boundaries that protect my peace.

I forgive myself and allow growth.

I attract relationships that honor my value.

My confidence shines naturally.

I deserve rest, joy, and abundance.

Loving myself makes me stronger.

I trust my intuition to guide me.

My past does not define my future.

I am proud of how far I've come.

Every day, I show myself more compassion.

I celebrate my uniqueness and strengths.

I am worthy of love without conditions.

I choose progress over perfection.

I radiate peace, joy, and self-acceptance.