

Daily Affirmations

Affirmations are positive statements that can be used as encouragement to help you overcome doubts and negativity. When repeated often, your mind will begin to accept these affirmations as true, which can significantly boost your self-esteem.

Below are some examples of positive affirmations that you can use.

Cut out any or all of these affirmations and place them where you can see them every day.

(We suggest on or next to your bedroom or bathroom mirror!)



And above all,
I am more than enough.