

## 50 Affirmations For Self-Love

Affirmations are your **positive self-talk**, and through daily repetition these wonderful messages of love become anchored in the unconscious mind and help you alter your thought patterns. Choose two or three affirmations that feel right for you and use them throughout your day. Choose new ones as you need to. *Repeat your affirmations often to give them power; the more you hear it, the faster you come to believe it and then will act on it.* Repeating an affirmation as you fall asleep, like a mantra, is a powerful way to anchor into the unconscious mind.

1. I deeply love and appreciate myself
2. I am enough
3. I am perfect as I am
4. I put myself first with love and purpose
5. I am safe to love myself
6. I love every part of myself
7. I feel my self-love grow every day
8. It is enough to be me
9. It is natural for me to love and care about myself
10. I care about my own well-being
11. I am worthy of all good things
12. I am worthy of coming first in my life
13. I am open to seeing myself through love
14. I feel my own goodness everyday
15. I forgive myself and open to love
16. I let go of the past and step into love
17. I choose to be kind and loving to myself
18. I am a loving being; I deeply love myself
19. I open to allowing self-love in
20. I am learning and growing with love everyday
21. I am whole
22. I am alive to the joys of living
23. I am grateful to be me
24. I am unique and wonderful
25. My own love is my priority
26. I am exactly who I need to be
27. I am safe to put myself first
28. I am beautiful inside and out
29. I deserve to love and respect myself
30. I am worthy of love
31. I deserve to enjoy my life
32. I choose me
33. I am safe in my life
34. I embrace all of me with love and acceptance
35. I allow myself to shine in this world
36. I am the star of my own life; I shine
37. I deeply love and respect myself
38. I deserve everything I desire
39. I joyfully put myself first
40. I am my own best friend
41. Loving myself is easy
42. I am safe to love and appreciate myself
43. I am the captain of my own life
44. My love is unlimited
45. I love being me
46. I put myself first with joy
47. I am love
48. Being myself is enough
49. I am an amazing person who lives from love
50. I feel my loving heart open