



Self Love Affirmations

Positive statements to challenge and overcome self-sabotaging and negative thoughts. Repeat them often, believe in them, and start making positive changes.

I am worthy.

I am not alone.

I am resilient and strong.

I let go of things that no longer serve me

I am beautiful — inside and out.

I appreciate myself

I deserve love, happiness, and joy. I deserve all things wonderful!

I release all negative energy from my heart chakra.

My heart is open to give and receive love.

I forgive anyone who has hurt me in the past

I love loving and being loved.

Journal Prompts

Introspective journal prompts to help you write down your thoughts and feelings to understand them more clearly.

Limiting Beliefs

What limiting beliefs do I have about myself?

What triggers them?

Are they true?

Love Yourself

What is my favorite personality trait?

What is my favorite physical feature?

What do I love about myself?

I love these 5 things about myself:

3 of my very many accomplishments are:

**Your
Life**

If you could give your younger self some advice,
what would it be?

If you could change one thing about yourself what would it be and
why? Would this really change your life for the better?

What self-care really makes you feel good about yourself and
ready to take on the day/week?

My name is

And I forgive myself for:

