

an affirmation a day FEBRUARY 2022

AFFIRMATIONS ARE POSITIVE STATEMENTS THAT CAN HELP YOU TO CHALLENGE AND OVERCOME SELF-SABOTAGING AND NEGATIVE THOUGHTS.
WHEN YOU REPEAT THEM OFTEN, AND BELIEVE IN THEM, YOU CAN START TO MAKE POSITIVE CHANGES.

1. I DESERVE TO BE HAPPY

2. I AM WILLING TO BELIEVE THAT THINGS WILL ALWAYS WORK

3. I AM THE ONLY ONE RESPONSIBLE FOR HOW I FEEL

4. I RELEASE ALL PAST HURT AND AM READY TO BE VULNERABLE AGAIN

5. I AM CREATING MY OWN OPPORTUNITIES

6. I AM ATTRACTING HAPPINESS

7. MY HAPPINESS STARTS WITH ME

8. I AM LEARNING TO MANAGE MY EMOTIONS

9. I AM A BEAUTIFUL PERSON, INSIDE AND OUT

10. I AM A LOVING PERSON WHO DESERVES TO BE LOVED FULLY

11. I WELCOME LOVE AND FRIENDSHIP

12. I COMPLETELY FORGIVE MYSELF FOR ALL PAST MISTAKES AND FAILURES

13. I BELIEVE IN ME

14. I AM BECOMING THE MOST BEAUTIFUL VERSION OF MYSELF

15. I AM WORTHY

16. I NO LONGER LET PEOPLE'S OPINION OF ME AFFECT ME

17. I ONLY GIVE POSITIVE VIBES

18. IF I WANT TO BE A COWGIRL THEN I'LL BE COWGIRL

19. LOVE STARTS WITH ME

20. I AM MORE POWERFUL THAN MY PHYSICAL OR EMOTIONAL HURTS

21. MY JOURNEY OF SELF LOVE MEANS GIVING MY MIND SOME TIME TO REST

22. I WILL PRACTICE BEING THE KIND OF PERSON THAT I WOULD WANT TO LOVE

23. I AM GRATEFUL FOR THE PERSON I AM AND WHO I AM WORKING TO BECOME

24. I DON'T NEED TO BE PERFECT TO BE SEXY

25. I AM PLANTING SEEDS FOR A BETTER FUTURE

26. I ACCEPT MYSELF AS I AM

27. I WILL BE PATIENT WITH MYSELF

28. I AM PURE STRENGTH



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