

# AFFIRMATIONS



I love me.  
I am vibrant and alive  
I prioritize ME and MY goals daily.  
I am a sexy powerful woman.  
I am getting healthier and happier day by day.

I live in comfort and joy.  
I deserve the best and accept it now.  
Today is going to be a really great day!  
I have enough and success is inevitable.  
I live and move in a safe and secure world.



I am ready to release the past.  
I am normal.  
I accept myself.  
One step at a time.  
I am enough. I am good enough.

I trust my goals and the process.  
I am ready to take inspired action.  
I am peaceful in my mind and heart.  
I am willing to see only my magnificence.  
I have the power to make changes.



I love me.  
How can I please ME today?  
I am at home in my beautiful body.  
Wellness is the natural state of my body.  
I am radiant.

I am safe right now.  
I am in the process of positive changes.  
My life is full of unlimited abundance.  
Everything is working out for my highest good.  
I am worth the time spent on my healing.

