



OCEAN BAY WELLNESS
PRESENTS

25

AFFIRMATIONS
TO HEAL YOUR
WORTHINESS
WOUNDS

Because you are worth it



I AM WORTHY OF
LOVE AND
HAPPINESS.



I AM LOVABLE AND
DESERVING OF LOVE.



I AM WORTHY OF
RESPECT AND
ADMIRATION.



I AM VALUABLE
AND SIGNIFICANT.



I AM CAPABLE
AND
COMPETENT.



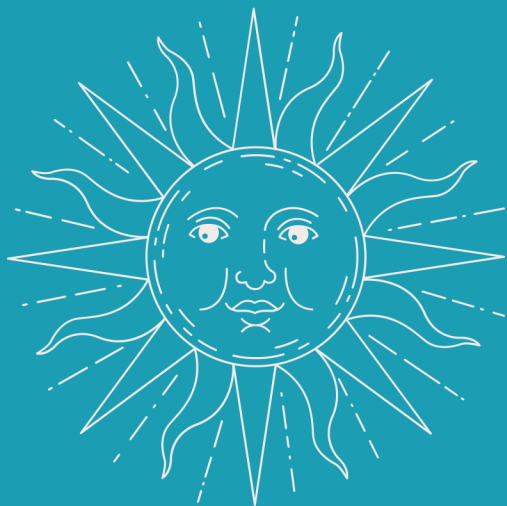
I AM STRONG
AND
RESILIENT.



I AM WORTHY OF
SUCCESS AND
ABUNDANCE.



I AM DESERVING
OF WEALTH AND
PROSPERITY.



I AM ENTITLED
TO A LIFE OF JOY
AND HAPPINESS.



I AM ENOUGH
JUST AS I AM.



I AM WORTHY OF MY
OWN LOVE AND
AFFECTION.



I AM LOVABLE AND
CAPABLE OF BEING
LOVED.



I AM SIGNIFICANT
AND VALUABLE.



I AM RESPECTED
AND ADMIRER.



I AM ENTITLED
TO HAPPINESS
AND JOY.

The background is a solid teal color. In the center, there is a cluster of white stars and circles of various sizes and shapes. Some are simple dots, some are four-pointed stars, and one is a larger, more complex star. In the corners, there are decorative elements consisting of several parallel white lines radiating outwards, some solid and some dashed, creating a starburst effect.

I LOVE AND
ACCEPT MYSELF
JUST AS I AM.



I AM WORTHY OF
BEING LOVED
AND ACCEPTED.



I AM VALUABLE
AND DESERVING
OF RESPECT.



I AM SIGNIFICANT
AND IMPORTANT.



I AM
PROSPEROUS
AND ABUNDANT.



I AM HAPPY
AND JOYFUL.



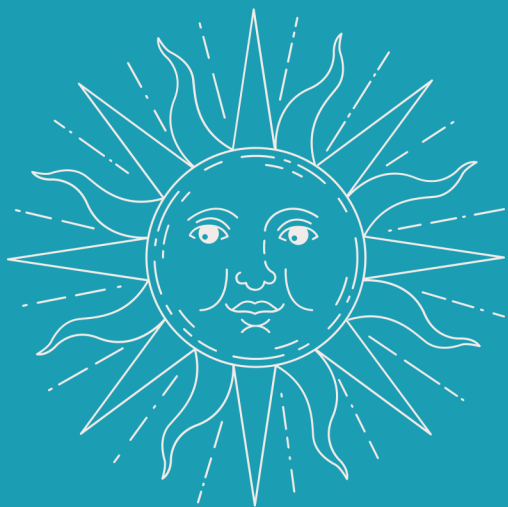
I AM CONTENT AND
SATISFIED WITH
MYSELF.



I AM
COMFORTABLE
IN MY OWN
SKIN.



I AM WORTHY OF
AN AMAZING
LIFE.



I MATTER. I HAVE
SO MUCH TO
OFFER THE
WORLD.



I CHOOSE ME.