

10 Affirmations

- 1. I give myself permission to ask for help and lean on my support system.**
2. I now choose to look for the good wherever I am or who I am with.
- 3. I recognize how far I have come.**
4. Everyone changes and I allow change in everyone.
- 5. Limitations are merely opportunities to grow. I use them as stepping stones to success.**
6. I choose to feel good about myself. I am worthy of my own love.
- 7. I respect my body and treat it with loving care.**
8. I am happy to see other people expressing prosperity. It is a mirror of my own rich abundance. There is plenty for all of us.
- 9. I can do hard things.**
10. I keep in mind that we are all doing the best we can with the understanding, knowledge, and awareness we have.

