



Affirmations

1. I will begin to discover this new version of myself without fear or shame.
2. I will embrace self-joy, self-love, and self-healing.
3. Relationship break-ups are difficult, but I am stronger than any hurt, trauma, or pain.
4. I am not defined by the ending of a relationship. Instead, I am defined by courage, my purpose, and healing.
5. I am not defined by my relationship status. God defined me as fearfully and wonderfully made.
6. My life and purpose has not ended. There are still parts of my journey that's filled with joy and God's abundant blessings.
7. I will embrace love, positivity, and healing.
8. I am not bound by low self-esteem because I see myself treasured by God, my family, and friends.
9. Developing and maintaining boundaries are a form of self-love.
10. If it doesn't make me feel loved, valued, and appreciated, I will not hesitate to choose me first.



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