

February

2026

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

1

I am worthy of love and care

2

I choose myself today

3

I am enough as I am

4

I speak to myself with kindness

5

I deserve peace

6

I honor my needs

7

I trust myself

8

I give myself grace

9

I am allowed to rest

10

I am learning and growing

11

I accept myself fully

12

I release self-doubt

13

I deserve good things

14

I am loved

15

I respect my boundaries

16

I am proud of myself

17

I treat myself with compassion

18

I choose gentle thoughts

19

I am safe being me

20

I let go of comparison

21

I treat myself with compassion

22

I forgive myself

23

I trust my timing

24

I choose love over pressure

25

I embrace myself as I am

26

I am doing my best

27

I allow joy in my life

28

I honor my journey