



DAILY AFFIRMATIONS *for Self-Love*

I AM...

- Adventurous
- Brave
- Brilliant
- Capable
- Confident
- Determined
- Imaginative
- Independent
- Vivacious
- _____
- _____

AND TODAY I WILL...

- Be content
- Be fearless
- Go on an adventure
- Inspire others and be inspired

- Learn something new
- Live life to its fullest
- Love and be loved
- Practice kindness and compassion

- _____
- _____

MY TOP 3 CORE VALUES ARE...

A PERSON I CARE ABOUT IS:

AND TODAY I WILL...

- PAY THEM A MEANINGFUL COMPLIMENT OR TELL THEM HOW MUCH I CARE
- EXPRESS APPRECIATION FOR THEM BEING IN MY LIFE
- TELL THEM ABOUT SOMETHING THAT'S BOTHERING ME AND FEEL COMFORTED
- OFFER TO LISTEN IF THEY HAVE SOMETHING ON THEIR MIND
- GIVE AND RECEIVE AFFECTION
- _____
- _____

MY GOAL FOR TODAY IS...

A CHALLENGING PERSON IS:

AND TODAY I WILL...

- AVOID OR IGNORE THEM AND CHANNEL MY ENERGY INTO MY DAILY TASKS AND ACTIVITIES
- MAINTAIN DIGNITY AND SELF-CONTROL, NOT ALLOWING MY EMOTIONS TO RULE
- PICK MY BATTLES
- PRACTICE ASSERTIVENESS
- VIEW THEIR WORDS AND ACTIONS AS A REFLECTION OF THEM, NOT ME
- _____
- _____

MY SUPERPOWER TODAY IS...

- Coffee
- Dry shampoo
- Optimism
- Mom powers
- My therapist
- A good night's rest
- Wine
- _____