31 DAYS OF AFFIRMATIONS

- I am enough.
- I matter.
- My life is full of worth and value.
- My worth is not dependent on how much work I get done.
- I am deserving of rest.
- I give myself permission to relax.
- I am deserving of peace and quiet.
- I give myself space to learn and grow.
- I will begin the day with intention and focus.
- I will focus on the present moment.
- I believe in myself and my progress.
- I deserve all of the good things in my life.
- I am in control of my life and my decisions.
- It's okay for me to ask for help.
- I will be gentle with myself and my expectations.
- I am safe.
- I am successful.
- I am deserving of love and acceptance.
- I love and accept myself.
- I am healing and growing every day.
- I can do what I say I can do.
- I set goals that are reflective of me and my needs.
- I am not selfish for prioritizing my needs and mental health.
- My life has meaning.
- I choose to be happy.
- I acknowledge that life is full of both ups and downs.
- I am proud of myself and all I've accomplished.
- I am my own person, and there is no need to compare myself to others.
- I am doing my best and that's always enough.
- I am learning through my mistakes.
- I am more than any negative thought and can move past any obstacle.