

Confidence and Self Love

I am full of energy and optimism. I am ready to find joy.

Today is the day for change.

I can overcome negative thoughts and situations. I choose positive!

I have been given many talents. Today I will use them.

I possess the qualities I need to be successful.

I am worth it.

I will be present. I will be positive.

I am courageous, and I stand up for myself.

Today I am thankful for new experiences.

Self-Care

I will honor my need to rest and recharge.

I am committed to finding 'me' time today.

I embrace my best self today.

I choose to live in a way that will bring peace, joy, and happiness to myself and others.

I choose to let go of the old. My new path is before me. Today, my new life begins!

I persevere. I am relentless. I keep going.

I have released all my negative thoughts and replaced them with positive ones.

Today is the beginning of whatever I want.

Building Positive Thoughts

I will not worry about tomorrow. First, I will enjoy this day before me.

Times may be difficult, but it is a short phase of life. Things can get better. Things will get better.

The challenge helps us grow stronger and makes us tougher in the face of the next challenge.

I have the power to change my story.

I choose to respond to this challenge with grace and positivity.

I choose positivity. I choose happiness. I see both all around me.

I am grateful for the lessons I will learn today. I am grateful for learning new skills.

Affirmations for positive body image

I am perfect and complete just the way I am.

My body is a vessel for my awesomeness.

There is more to life than worrying about my weight. I'm ready to experience it.

I deserve to be treated with love and respect by my mind.

I trust the wisdom of my body.

I am accepting myself as I am right now.

I am feeling good about myself.

I am compassionate and warm to my body.

My very existence makes the world a better place.

I am taking care of my overall well-being.

I am choosing to do kind things for myself.

I love my body as it is today.

I am nourishing my body with healthy food.

I am worthy just as I am.

I am beautiful.

My body is perfect the way that it is and I honor it in this state.

I am comfortable in my own skin.
I am feeling fabulous and confident in my body.
I promise to love and cherish my body.
I am grateful for my body which lets me experience life.

Affirmations for self-esteem

I am my best source of motivation.
I am becoming a better version of myself one day at a time.
The more I let go, the better I feel.
All I need is within me.
I live in a place of abundance.
What I want is already here or on its way.
I am grateful for my journey and its lessons.
I am compassionate with others and myself.
I am in full control of my life.
I am successful in everything I do.
I believe in my abilities.
I acknowledge my self-worth.
I am living my best life.
I am intelligent and capable.
I am becoming more confident each day.
I love myself unconditionally.
Success and abundance are my birthrights.
I am naturally confident and at ease in my own life.
Being confident comes naturally to me.
I am attracting positive people and circumstances into my life.