

Affirmations

for self love

Do you feel that you need affirmations for more fully loving yourself and for knowing your full worth? Read these affirmations to yourself frequently and feel them as true. Please read them in order as they are arranged specifically in this order to help them resonate as true, thereby increasing your vibrational frequency so that your love light may shine!

I am a good person.

I am confident, smart, pretty and strong.

I am learning to be secure with myself.

I am learning to feel happy and proud of my physical appearance.

I am developing high self-esteem.

My self-esteem is growing day by day.

I deserve to be happy.

I am worthy of love and attention.

I am worthy of great relationships.

I am worthy of respect and appreciation.

People find me attractive in a variety of ways.

I am attractive in many ways.

I deserve to have what I want.

I love the person I am becoming.

I love the person that I am.

I deserve love.

I will talk to myself as I would talk to the person I love most in the world.

I am learning to love myself deeply and truly.

Fully loving and accepting myself is becoming natural for me.

Every day my self worth is growing.

I am learning to love my self more every day.

I do love myself more every day.

The love I have for myself will be matched by the love of a life-time partner.

