

Say affirmations with me

Hey bestie,

My name is Alyssa, and I created this guide just for you. You can reshape your mind and set a positive tone for your life just by saying a few affirmations each day. Inspiration does not have to be hard; it just needs to be intentional.

- Affirmation Bestie



How to use this guide:

Set a daily intention

Repeat using the present tense

Believe that each statement is true

Be consistent

50 Affirmations

Topic: Self-Worth and Self-Love

1. I am worthy of authentic love and health
2. I am learning how to be the best version of myself
3. I am allowed to slow down and reset as needed
4. I am teaching myself new skills, and I am open to learning more
5. I support myself during the journey and process
6. I am kind and loving towards myself each day
7. There is no limit to what I can do
8. I am capable of learning new things every day
9. I respect myself and my boundaries
10. I choose to see myself as someone who is worthy of having it all
11. I manage my time, and I move purposefully in all that I do
12. I lead by example, and I find new ways to be creative
13. I am receptive to visibility because vulnerability gives me
courage
14. I am enough just as I am
15. There is no one else like me, and I choose to love myself fully
16. I set the example on how I should be treated and how others
should treat me

50 Affirmations

Topic: Self-Worth and Self-Love

17. I pivot during the plan if I ever need to redirect
18. I am resourceful, and I use my skills and talents to the best of my abilities
19. I communicate my needs clearly and effortlessly without fear
20. I expected the best from myself and others
21. I do not easily give up if things get hard
22. I am amazing at what I do, and I love being me
23. I protect my peace and choose paths that are for my good
24. I am committed to living a purposeful life
25. My life is fun, radiant, and fulfilling
26. I choose to grow in confidence with every experience I get
27. I am attentive and focused, and I live my life intentionally
28. I go after all my goals, and I do not settle
29. I position myself for amazing things, and I reach them effortlessly
30. It is safe for me to rest because my productivity deserves it

50 Affirmations

Topic: Self-Worth and Self-Love

31. I choose a life of adventure and excitement
32. I can achieve anything I set my mind to do
33. I am optimistic, and I choose a life that is good for me
34. I lean into purpose and relentlessly chase my goals
35. I lead with logic and move with certainty and urgency
36. I am worthy of intentionality in all areas of my life
37. I am unique, and there is no one else like me
38. I get to live a life that is meaningful to me
39. I am allowed to occupy space
40. I feel safe connecting with others, as it helps me learn
41. I am able to attain my goals and passions without distractions
42. I am fully equipped to maintain the success and progress that
I've reached
43. I am decisive, and I have effective communication skills
44. I lead with authenticity and empowerment
45. My purpose, goals, and creativity matter, and I choose to fully
accept them

50 Affirmations

Topic: Self-Worth and Self-Love

46. I achieve everything I set my mind to do because I am worthy of success
47. I am living a life of abundance and get to experience the fullness of life in every aspect
48. I have a positive mindset because positivity helps me grow
49. I am capable of completely loving myself even in the hard moments
50. I choose to speak positive words over myself each day

Additional Tips:

Option 1: Choose 1-5 affirmations and focus on the same set for that week. Move on to the next set at the beginning of each week

Option 2: Choose 1-5 affirmations for day 1 and 5-10 affirmations for day 2. Cycle Through all affirmation until you feel that all