

# Self-Love Affirmations

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Ninety-nine futures with audio: from i am to acceptance

## THE DAILY CUT

- 1 I am easy to love.
- 2 I am wanted.
- 3 I am worth showing up for.
- 4 I am nobody's second choice.
- 5 I choose who gets close to me.
- 6 I am the one who sets the terms.
- 7 I protect my own time.
- 8 I put my own name on the list.
- 9 I do things just because I want to.
- 10 I am comfortable in my own skin.
- 11 My body is good to me.



- 12 I am proud of how I look.
- 13 I did the best I knew how.
- 14 My past is paid for.
- 15 I am never my own enemy.
- 16 However this day goes, I have myself.
- 17 I am at home in my own life.
- 18 This is who I am.
- 19 I like my own company.
- 20 I am glad I am me.
- 21 I have loved myself through everything.
- 22 I am the love of my own life.

## I AM AFFIRMATIONS FOR SELF-LOVE

- 23 I love who I am.
- 24 I am loved.
- 25 I am mine.
- 26 I am good through and through.



- 27 I would choose me every time.
- 28 I am someone people keep close.
- 29 I love myself when no one is watching.
- 30 I am whole on my own.
- 31 I am loved by the people I love.
- 32 I am somebody I would fight for.
- 33 I love who I turned out to be.

## SELF-COMPASSION AND SELF-CARE AFFIRMATIONS

- 34 I take care of myself.
- 35 I speak to myself like someone I love.
- 36 I come first.
- 37 I keep my promises to myself.
- 38 I never call myself names.
- 39 I let people help me.
- 40 I spend money on myself without flinching.
- 41 I give myself credit out loud.



42 I put myself first, even with people I love.

43 I am not selfish. I never was.

44 I give myself the life I want.

#### SELF-WORTH AND SELF-RESPECT AFFIRMATIONS

45 I know exactly what I am worth.

46 My worth was never up for negotiation.

47 I am irreplaceable.

48 I decide what I am worth.

49 I set the standard for how I am treated.

50 I am treated well or not at all.

51 I keep the people who treat me right.

52 I have never been too much.

53 I am enough before anybody says so.

54 I have always been enough.

55 I am enough.

#### MIRROR AFFIRMATIONS FOR YOUR BODY AND SELF-IMAGE

56 I look myself in the eye every day.



- 57 I like what I see.
  - 58 What I see in the mirror is good.
  - 59 My body is well made.
  - 60 My body is capable.
  - 61 My body suits me perfectly.
  - 62 I say good things about my body.
  - 63 I never run my body down.
  - 64 I talk about my body with pride.
  - 65 My body has carried me this far.
  - 66 I love the body I see.
- SELF-FORGIVENESS AFFIRMATIONS FOR LETTING  
GO OF THE PAST
- 67 I own what I did and I forgive myself.
  - 68 I forgive who I was back then.
  - 69 I judge myself by who I am now.
  - 70 I was a good person back then too.
  - 71 I am more than anything I have done.



- 72 I mess up, I make it right, I move on.
- 73 I forgive myself for the worst of it.
- 74 I stop punishing myself for what I did.
- 75 I am done carrying this.
- 76 I make it right, then I put it down.
- 77 I forgive myself.

SELF-LOVE AFFIRMATIONS FOR HEALING AND  
HARD DAYS

- 78 Even on hard days, I still like myself.
- 79 I still know who I am.
- 80 I never turn on myself.
- 81 I am safe with myself.
- 82 What I need still counts.
- 83 I matter as much as the people I carry.
- 84 I am gentle with myself.
- 85 I ask for help and I take it.
- 86 I keep myself company.



87 I am the same person on good days and bad.

88 I am still here.

SELF-ACCEPTANCE AFFIRMATIONS FOR EXACTLY AS  
YOU ARE

89 I take myself as I am.

90 I am right the way I am.

91 Everything about me gets to stay.

92 I am not a problem to solve.

93 I approve of who I am today.

94 I am my own kind of person.

95 I like being the only one like me.

96 My life only has to look like mine.

97 I have quirks and I keep them.



98 I am the person I want to be.

99 I accept myself exactly as I am.

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### How to practice

Read one out loud each morning, like you mean it. Pin these pages where your morning happens. When a future stops feeling new, move to the next.



[FUTURECASTAPP.COM/AFFIRMATIONS/SELF-LOVE](https://futurecastapp.com/affirmations/self-love)

