

10 Affirmations to build Positive Self-Image

10 Daily Affirmations to build a Positive Self-image

1. I am capable and smart.

2. I believe in myself.

3. I surround myself with people who bring out the best in me.

4. I love who I have become.

5. I am on a journey of self-growth and love.

6. My thoughts, words and actions are all aligned for me to be
my authentic self.

7. I acknowledge my own self-worth.

8. I deserve the love I give myself.

9. I will continue to learn and grow.

10. I wear a backpack of self-belief every day.

These powerful affirmations will remind you each day, of your worth to help you thrive.

*** Try to recreate the affirmations so they resonate with you.

'Achieve the life you desire- find & forge your path so you can shine your light'