

AFFIRMATIONS FOR MY REVAMPED LIFE: NEW TRUTHS FOR YOUR LIFESTYLE

I matter and what I have to offer this world also matters. **I TRUST MYSELF.**
I am too big a gift to this world to feel self-pity.

All of my problems have a solution. I love and approve of myself.

I trust myself to make the best decision for me.

I take pleasure in my own solitude. I am deeply fulfilled with who I am.

I adopt the mindset to praise myself.

I surround myself with people who treat me well. I RECEIVE ALL FEEDBACK WITH KINDNESS BUT MAKE THE FINAL CALL MYSELF.
I am happy in my own skin and in my own circumstances.

I FORGIVE MYSELF FOR ALL THE MISTAKES I HAVE MADE.

I see the perfection in all my flaws and all my genius.

I let go of worries that drain my energy.

I fully approve of who I am, even as I get better.

I AM MORE THAN GOOD ENOUGH AND I GET BETTER EVERY DAY.

I refuse to give up because I haven't tried all possible ways.

I know that *I compare myself only to my highest self.*

wisdom guides

me to the

right decision.

I choose to fully participate in my day.

I give up the habit to criticize myself.

I CHOOSE TO SEE THE LIGHT THAT I AM TO THIS WORLD.