

Self-Affirmations for EVERYDAY!



I will not
compare myself
to others best
online life.

I accept &
love myself,
just the
way I am.

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

I have the
power to create
the life that
I desire.

I am excited
for the person
I am becoming.

I am in
charge of how
I feel today.

I forgive myself
for all the
mistakes that I
have made.

I forgive
everyone who
has ever hurt
me to be free.

It's okay
to ask for
help.

I am unique &
I am different in
my own beautiful way.

For more resources visit: work2bewell.org & @work2bewell