



# AFFIRMATIONS TO START YOUR DAY

**#1** I'm allowed to have needs and take up space.

**#2** I am loved and worthy.

**#4** There are many things that I love about myself.

**#5** I am at peace with who I am.

**#6** I am safe and surrounded by love and support.

**#7** I am allowed to take care of myself.

**#8** **I am enough.**