

Qualities and Affirmations

I am lovable.	I am capable.
I am a unique and special person.	I am an intelligent person.
I accept and believe in myself just the way I am	I am strong and capable.
I have a lot to offer.	I am a sweet caring individual.
It's good for me to take time for my own needs.	I am beautiful inside and out.
I am learning to be more confident.	I am deserving of good things.
If someone doesn't return my love/friendship it doesn't mean I am undeserving of it.	I am a valuable person.
I am powerful.	I have many good qualities
Any risk I take to better myself are worthy of praise, regardless of outcome.	When I love and care for myself I am best able to be generous to others.
I can accept praise and compliments from others.	I am a loving and nurturing person.
I am an awesome _____!!	I don't have to be perfect to be accepted and loved.
I have accomplished great things.	I deserve the respect of others.
I am a good person.	My feelings and needs are important
I can do this!	I am learning to love myself.
I am proud of myself.	Happiness comes when I let myself shine.
I am an amazing individual.	I am loved.
My best effort is just perfect.	I am useful and needed by others.
Mistakes are not failures, they're stepping stones to success.	I am worthy of love.
Wonder Woman.	I deserve to be happy.
I can make my own choices and decisions.	I am improving myself one step at a time.
I am "priceless".	I am a worthy person.
I am grateful for who I am.	I deserve to be supported by those who care about me.
I have much to give others.	
I am naturally beautiful when I am my true self.	I have the ability to succeed.
I am proud of my strengths and will nurture them.	I am learning to love myself more everyday.
I have faith in myself.	I am a fun, likeable person.
I will trust, honor and respect myself.	All the wonders I seek are within myself.
My dreams are worth reaching for.	I make the world special by just being in it.
I've got the power!	I run my own life.
	Today's challenges serve to help me grow.