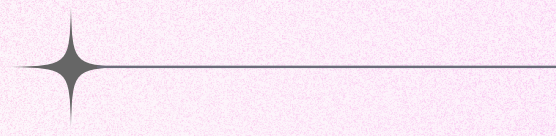


222  
affirmations for self  
love, manifestation,  
and healing  
by  
the wandering moon co.





- i love myself, accept myself, & forgive myself.
- i know my limits & i honor my boundaries.
- i radiate self-confidence
- i have great potential that i tap into every day
- i am aware that my mind & soul requires daily nourishment
- i make a difference in the world.
- it is safe for me to ask for what i want.
- my style & appearance is a way i express my true personality
- i love & value myself, which in turn causes others to treat me with respect.
- the universe & i work together to bring the things I desire in reality
- i trust myself to make good decisions for my present & my future
- i am honoured to be a light for others to find solace & strength in
- i am healing everyday & feel the positive affects of it
- i am practical & resilient; i overcome difficulties in my own way
- to take care of myself with mindfulness is to show myself love
- i honour the necessary boundaries that i set in my own life
- living life with absolute faith in myself is a joyful experience
- i am able to explore my interests & broadening my horizons
- i attract all that is needed to continue to reach my goals
- i chose nourishment over starving myself, either physical or emotionally
- my purpose is what i alone define it to be
- i accept the mistakes i make with rectification & forgiveness
- the expectations i have of myself are the only ones which matter
- i am selective of who i allow into my sphere of influence
- putting myself first is a way i demonstrate self care
- allowing myself to heal in my own time is an act of self love
- i trust the process & where i am within it
- i find peace, quiet, & calm within myself
- i process my thoughts & feelings in a healthy, reflective manner
- i care for my mental health as much as i care for my physical health
- my inner child, inner teen, & adult self are a complete, cohesive whole
- i work through the expectations that society places on my gender
- i embrace the road less traveled & appreciate the lessons it offers
- i am accepting of the light & the dark in all aspects of life
- i recognise & understand which thought patterns serve me best
- my values are something which i do not compromise on
- my physical body is the perfect place for my soul to reside



- my life is full of surprises & adventure which i gratefully welcome
- i embrace & accept myself for the spirit that i am
- i love & cherish myself as i am
- i am happy, healthy, and whole
- i am able to ground myself & my energies safely & easily
- i happily embrace the honest & real interactions i have with others
- i know that others value my role in the interactions we have
- my skills, knowledge, and capabilities are well regarded by others
- i am accepting & comfortable within my physical appearance
- i feel gratitude for the daily actions my physical body completes
- i am spiritually aligned with the surrounding energies
- i feel peace with any pain i have experienced
- i trust that the next chapter brings all i desire
- i feel only love for my physical appearance
- i am open to receiving happiness from the world around me
- i am in full control of my life & it's direction
- i stand firm in my views & convictions
- i am a creative & imaginative spirit
- my ability to manifest comes naturally
- i am seen as a valuable member of my family & community
- both my spirit & being are flexible & move with the flow of life
- i care for, & nourish myself, with attentiveness & self love
- i am a magnet for positivity-charged situations & occurrences
- i gracefully bend & flow with my circumstances
- i am worthy of abundance & success
- others turn to me for my thoughts & opinions
- my sense of self is optimal & healthy
- my personality and character are well received by others
- i am composed & unshakable
- i feel joy and happiness for others
- i feel regard & wonder for the world that surrounds me
- i am entirely capable & i know i can do what is required of me
- i feel pride in myself and who i am
- i am patient with myself & others
- my ability to express myself is healthy and balanced
- i am grateful for the state of my physical health
- i show myself love & care with genuine compassion



- i deserve the best that life offers me
- every morning is a new chance to enjoy the life i lead
- i feel truly & deeply loved by my own self
- i manifest my hopes, desires, & dreams with ease
- what is truly meant for me can not be taken away
- i am here for a reason & that reason matters
- i am beautiful, both inside and out.
- to value myself & all i do highly is a healthy choice i make
- i am strong, resilient & demonstrate fortitude
- there is nobody else who is exactly like me, i am a beautiful individual
- i honour, respect, & care for my physical body
- i am capable of achieving what it is i want
- others value my input & intelligence
- i voice my ideas & thoughts with ease & quiet confidence
- each day is a blessing which i feel immense gratitude for
- i am appreciated by others for who & how i am
- i am beautiful & beyond societal expectations
- it is safe for me to say "no" to things I do not want
- i gratefully accept each part of my body & the roles they play
- i thank my physical body for all it has done & continues to do for me.
- my mind is strong, sharp, & disciplined
- i acknowledge my limitations as well as my strengths
- i am deserving & worthy of respect from others
- abundance flows through me at all times.
- i view challenges as opportunities for growth.
- my every step is one of courage that i proudly take
- i feel success & accomplishment in all i strive to do
- the outcomes I receive in life are my own responsibility
- i fall asleep at night with the knowledge i did my best that day
- my response to adversity is love, hope, & determination
- i love and accept myself completely & without hesitation
- i am radiant, light-filled, & overflowing with contentment
- i embody my highest self & honour my highest good
- all that I need is within me & i need only to look to myself
- life is a gift & i am grateful to have the life i do
- i am healthy in my heart, mind, body, & soul
- I have more than enough energy to accomplish my daily goals



- i am in control of my divinity
- i am grateful of any opportunities for growth that come my way
- i attract goodness & greatness
- my emotional body is fortified, healthy, & capable
- my bodily energies work in ultimate balance
- i am a sovereign being, independent & free
- i am my own highest good
- the environment i live in supports and holds me completely
- i am happy and whole & shape my own perceptions
- i am able to experience solitude in peace
- i am confident in my own abilities & knowledge
- my life is piecing itself together just as it should be
- i have complete faith in my unique skills and abilities
- my self belief is absolute & unshakable
- i am aware of my own presence and energies
- those who surround me, love me for who I am
- i treat myself with respect, this teaching others how to treat me
- i am here in the present moment, secure & confident in myself
- i expect others to treat me with respect & kindness
- i see myself with a view of gentle kindness
- i am at ease around people from all walks of life
- my communication skills are well honed & healthy, helpful
- i feel at ease voicing my thoughts, emotions, & opinions
- my mind is calm & unburdened
- i easily & quickly forgive myself
- i know my ideas are valid & valued
- i enjoy sharing the thoughts & ideas i have with others
- i am divinely guided & protected at all times
- i have a unique vision & outlook to share with those around me
- i wake up each day with a fresh & determined attitude
- abundance surrounds me & flows within me
- i feel pride in what i have accomplished & achieved
- i am deserving of hope for a better future
- i deserve to see my hope & dreams fulfilled
- my life is rewarding & provides me with satisfaction
- i accept that i am a multi layered & multi faceted being
- i am worthy of love, compassion, & kindness



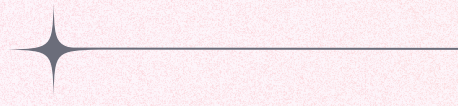
- i am always moving into the best, most highest timeline for me
- i have self faith & self belief
- i radiate love to all those around me
- i freely express my emotions in a healthy manner
- i show gratitude for the comforts & blessings within my life
- i enjoy being a productive member in my community
- my wisdom grows with each day
- i look to the future with a bright sense of hope
- i am secure within myself
- i am intelligent & make smart choices in my life
- i acknowledge any obstacles on my path & overcome them
- i deserve to be treated fairly & justly
- i am responsible for my own joy & happiness.
- i have a handle on all situations i find myself in
- i feel joyful to look at how far I've come.
- love surrounds me at all times
- my life is filled with abundance
- i am self assured & unable to be wavered in my resolve
- every day is another chance to grow, improve, & try again
- i easily demonstrate authentic self-expression
- i am courageous & brave
- i fearlessly follow my dreams & chase what i desire
- nothing stops me from reaching my goals
- i am a creative being who can easily think in abstract ways
- i appreciate all the lessons that life has taught me.
- i grow and become a better version of myself every day!
- i am confident in my emotional intelligent.
- i appreciate what i see when i look in the mirror
- i show love to myself more & more with each passing day
- i appreciate myself & what i am able to complete
- i give praise to myself & to others naturally and effortlessly
- i am free of self doubt while remaining humble & kind
- i forgive all past versions of myself
- i am comfortable with forgiving others
- i do my best every day & go to sleep feeling pride in myself
- i am optimistic & positive about my future
- i feel grounded and focused on my hopes & desires



- i see & feel my emotional strength grow each day
- my mind works with clarity & confidence
- i am enough just as i am
- i am a being of balanced energies
- i am deserving of kindness and compassion.
- i am proud of who i am and who i am becoming
- i live in harmony and balance with the world around me.
- my instincts are strong & healthy
- i am nourished and held by the universe and it's energies
- i am creating an amazing life for myself
- i give and receive love from all of those i surround myself with
- i am a whole being, comprised of light and shadow
- my soul is ageless and divine
- i choose to speak to myself with love and kindness
- my spirit is awakening and unfolding just as it should be
- i speak my truth with complete honesty and certainty
- my spiritual growth is occurring perfectly on time
- i am taking the time to understand my own insights
- my aura is whole & positively charged
- i am connected to the unseen
- my intuition does not fail me and i do not fail it
- i respect my body and it's needs
- i am able to exist in a state of flow
- i am safe & i am calm
- i allow myself the time to rest and recharge
- i welcome good fortune coming my way
- my life is full, rich & complete
- i trust that my physical body is strong & healthy
- i am grateful for all of my past experiences
- my heart & my mind work harmoniously together
- i give unconditional love to myself
- i am aware & confident of my place in the world
- my personal power is unlimited
- i am my own source of strength & fortitude
- i recognise when i need to reach out for help
- i freely accept assistance that is offered to me
- my physical body is strong & takes care of me



add your own affirmations:



A series of horizontal dotted lines providing a template for writing affirmations.