

SELF RITUALS

Affirmations

I deeply love myself and my life

How i show up is important to me

Having time for myself is sacred & a necessity - I hold zero guilt when I honor connection with self

My energy is a vibration and I choose the frequency of love

I See others and myself with compassion

I am supported by the universe, what's for me is for me, without fear or worry

my joy comes within and my joy is divine

My time is valuable

I Stay in my own lane, i am focused on my mission

I have all that I need and want.

I am enough I do enough I have enough

I am my in alignment with abundance

I am connected to my best self always

When things become overwhelming, I come back to the connection with self

Nothing is worth a stressful reaction, I am in observance and in my heart I will know what and when to respond