



SELF LOVE & APPRECIATION

Appreciate the good today!

What I do **matters** because:

3 things I **love** about myself:

1.

2.

3.

I feel **happy and healthy** when I*:

Self-Love Affirmations (+ **add your own**):

1. I love, accept and appreciate myself.
2. I am protected and safe.
3. My body is healthy and strong.
4. I have the power to make positive changes in my life.
5. I get better and better with each day that goes by.
6. I let go of my past and forgive myself and others.
7. I have a positive effect on other people's lives.
8. I choose to be happy everyday.
- 9.
- 10.

*Note to self: do more of this 