



# Self-Love

# AFFIRMATIONS

I am worthy of love, happiness, and inner peace. My value does not depend on another person's love or approval.

I release the past and embrace the future with hope and confidence.

My heart is healing, and I am growing stronger every day. Pain is temporary, but my strength is forever.

I choose to focus on the love I have within me, not the love I have lost.

I trust that everything is unfolding for my highest good.





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# AFFIRMATIONS

I am enough exactly as I am. I don't need anyone else to complete me—I am already whole.

I forgive myself and release any guilt or regret. I did my best, and I am learning from my experiences.

I am attracting peace, joy, and love into my life.

I give myself the love I so freely gave to others. I pour kindness, care, and patience into my own soul.

My future is bright, and I welcome love in all its beautiful forms. I am deserving of a love that aligns with my highest self.

