

# Affirm Me

Here's a list of empowering affirmations and self-love mantras to inspire and support someone embarking on a healing journey of self-love and rediscovery:

1. "I am worthy of love and acceptance just as I am."
2. "I embrace my imperfections as they make me unique and beautiful."
3. "Self-love starts with me, and I choose to love myself unconditionally."
4. "I release all negative self-talk and replace it with self-compassion."
5. "I deserve happiness, and I am actively creating it in my life."
6. "I trust in my own journey of healing and self-discovery."
7. "I forgive myself for any past mistakes and release their hold on my future."
8. "I am a work in progress, and that's perfectly okay."
9. "I nourish my body, mind, and soul with self-care and self-kindness."
10. "I am in control of my thoughts and choose to focus on positivity."
11. "I radiate self-confidence and attract positivity into my life."
12. "I let go of toxic relationships and make space for those who uplift me."
13. "I am resilient, and I can overcome any challenge life presents."
14. "I am the author of my own story, and I choose to write it with love and joy."
15. "I am enough just as I am, and I don't need validation from others."
16. "I trust my intuition to guide me on the right path."
17. "I release fear and doubt and embrace self-belief and courage."
18. "I am a source of love and light, and I share it with the world."
19. "I am grateful for my journey, and I embrace every step of it."

20. "I love and accept myself fully and completely."

Feel free to choose the affirmations and mantras that resonate most with you and incorporate them into your daily routine. Repeat them to yourself regularly, especially during moments of self-doubt or insecurity, to reinforce your self-love and healing journey.