



Self-Love Affirmations

Have you ever felt like you were stuck in a cycle of just working and doing? Or maybe just stuck in general?

Maybe because of it, you aren't feeling content, or happy, or fulfilled even though you've got a lot going for you?

If so, it might be a sign that you need some self-care. Taking care of yourself should be a priority in your life. Often when we think of self-care, we think of things like bubble baths or candles or massages. But there are a lot of other aspects of self-care that should be non-negotiable in your life. Things like being patient and kind to yourself and working on your mindset.

One of my favorite ways to practice self-care is through self-love affirmations. They can help you to change your mindset, which allows you to change your life in BIG ways.

The following two pages contain 50 of my favorite self-love affirmations. Take a look and see if any speak to you!

Use one, use them all... Whatever works for you.

What's important is that you show yourself some love.

And of course, I'm here if you need any additional support. Just head over to www.daniellelapteff.com and reach out!

**You're awesome!
-Danielle**

- 1. I am enough.**
- 2. I am worthy of love and respect.**
- 3. I radiate health, vitality, and energy.**
- 4. My body is strong and capable.**
- 5. I am open to new experiences and growth.**
- 6. I easily let go of negative thoughts and emotions.**
- 7. I deserve to be happy and fulfilled.**
- 8. All my needs are met in divine timing and perfect abundance.**
- 9. Every day, in every way, I'm getting better and better!**
- 10. I am grateful for who I am and what I have.**
- 11. I love and approve of myself just as I am.**
- 12. It is safe for me to express my true self.**
- 13. I am confident and poised in all situations.**
- 14. My relationships are healthy, supportive, and loving.**
- 15. I attract only positive, like-minded people into my life.**
- 16. I am surrounded by an abundance of love, joy, and prosperity.**
- 17. I think clearly and make wise decisions.**
- 18. I am always guided by my intuition and inner wisdom.**
- 19. My life is easy and effortless.**
- 20. I am happy, peaceful, and content.**
- 21. I easily manifest my desires.**
- 22. I am grateful for all the good in my life.**
- 23. I live each day to the fullest and enjoy every moment.**
- 24. I am kind and compassionate to myself and others.**
- 25. My mind is calm and focused.**

26. I am healthy, fit, and active.

27. I attract only good luck and success into my life.

28. I am a powerful creator; my reality reflects my highest desires.

29. My home is a sanctuary of peace, love, and relaxation.

30. I am worthy of an amazing life filled with love, joy, and abundance.

31. I am confident and successful in all my endeavors.

32. I always take care of myself physically, emotionally, and spiritually.

33. I deserve to be treated well and with respect.

34. I forgive myself for past mistakes and move forward with confidence.

35. I am always surrounded by people who love and support me.

36. I have a natural flair for creativity and express my talents freely.

37. I am abundant in all areas of my life.

38. I travel easily and effortlessly to wonderful places.

39. I release all fears and doubts; I am free to be my true self.

40. I am open to miracles and unexpected blessings.

41. My life is an exciting adventure filled with joy, love, and abundance.

42. I attract opportunities easily and effortlessly achieve my goals.

43. I live in perfect harmony with myself and others.

44. I am always surrounded by an abundance of love, joy, and prosperity.

45. I think clearly and make wise decisions.

46. I am always guided by my intuition and inner wisdom.

47. My life is easy and effortless.

48. I am happy, peaceful, and content.

49. I easily manifest my desires.

50. I am grateful for all the good in my life.