

YOUR DAILY AFFIRMATIONS

GIRL! BE HAPPY FINE & FREE



I define my own worth.

My self-esteem comes from within.

I create my own meaningful and compelling goals. Tackling worthwhile challenges gives me a sense of purpose and adds to my accomplishments. My confidence soars.

I honor my principles. My actions align with my values.

I set boundaries. I let others know how I wish to be treated. I remove myself from relationships and situations that cause unnecessary stress and interfere with my well-being.

I advocate for myself. I ask for help when I need it. I treat myself with respect and compassion.

I develop stable and mutually supportive relationships. I surround myself with family and friends who appreciate me for who I am. I welcome constructive feedback and use it to make positive changes.

I manage my time. I treat it like a precious resource. I plan out my days and block out time for the activities I love. I limit distractions, including watching TV and browsing through social media.

I make my mental and physical health a top priority. Investing in myself helps me to stay strong and maximize my potential. I eat nutritious foods and exercise regularly. I sleep well and remain optimistic.

I work hard and give generously. I collaborate with others and leverage my strengths at work. I volunteer in my community and do favors for my neighbors. Having a positive impact on my world brings me joy and fulfillment.

Today, I feel confident and secure. I value myself and recognize my own power.

Self-Reflection Questions:

Why am I worthy of love and respect?

What is the difference between confidence and arrogance?

What does my faith teach me about my own worth?