

Self-Love Affirmations

Counseling by the Sea

I am worth all the love I receive.

I am a beautiful creation. I am unique and special.

I can hurdle all the challenges that I encounter.

I am allowed to take up space. I don't have to be perfect. No one is.

I do not have to be happy all the time. All of my feelings are allowed -- and I am allowed to feel all of them.

I am in charge of my life and my choices.

I don't have to be liked by everyone.

I am worthy of acceptance, love and respect.