

## SELF LOVE AFFIRMATIONS

### How to Use Affirmations:

If you want to bring some positive thinking power into your life, start by doing the following:

1. **Breath** - Take three long breaths. Breath in through your nose, out with your mouth.
2. **Read the Affirmation, Slowly** - Make sure your brain understands what you are actually reading, so do it slowly with purpose.
3. **Believe the affirmation** - Consider what you read and believe that it is true.
4. **Commit to the affirmation** - Make a commitment, to yourself and the affirmation if necessary. Yes, the result is possible. Believe it, commit to it, and it WILL HAPPEN!
5. **Meditate on what you read** - After breathing, reading it slowly, believing and committing to the affirmation, meditate for a few minutes on what you read and what it means to you.
6. **Breath Again** - Take a few more minutes and breath again...in through your nose, out with your mouth.

### Affirmations:

- I love and accept myself unconditionally.
- I approve of myself and feel great about myself.
- I radiate love and respect and in return I get love and respect.
- I am a well-loved and well respected person.
- I am a cultured and wise and yet, a humble person.
- My high self-esteem enables me to respect others and beget respect in turn.
- I am free to make my own choices and decisions.
- I am a unique and a very special person and worthy of respect from others.
- My high self-esteem allows me to accept compliments easily and also freely compliment others.
- I accept others as they are and they in turn accept me as I am.
- It matters little what others say. What matters is how I react and what I believe.
- All is well in my world and I trade love and acceptance with the world.
- I have high self-esteem as I respect myself.
- I deserve all that is good. I release any need for misery and suffering.
- I release the need to prove myself to anyone as I am my own self and I love it that way.
- I am solution minded. Any problem that comes up in life is solvable.
- I am never alone. The universe supports me and is with me at every step.
- My mind is filled only with loving, healthy, positive and prosperous thoughts which ultimately are converted into my life experiences.
- My mind is full of gratitude for my lovely and wonderful life.
- I consciously release the past and live only in the present. That way I get to enjoy and experience life to the full.

