

WOMEN 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:

1. I love my face and all my features.
2. I am at peace with my body and form.
3. I lovingly take care of my body.
4. I love living in this exquisite female body.
5. I adore my curves.
6. I am sexy and attractive just as I am.
7. I wear my confidence as well as I wear my makeup.
8. I love my sleepy face and messy hair in the morning as much as I love it any other time.
9. I appreciate the female cycles that my body experiences.
10. I enjoy my body during sex and intimacy.
11. I move my body with intention and love.
12. I hold my head up high and wear a smile all the time.
13. I love the exact size of my breasts just as Mother Nature intended them.
14. I am the perfect height for me.
15. I love the shape of my hands and the size of my feet.
16. I wear my hair however it pleases me and I adore every strand.
17. I like my thighs and my buttocks and take care of them with exercise and healthy eating.
18. I am responsible for what I do with my body so I only do what's best.



19. I choose to treat my body with care, love, kindness and respect.
20. I push my body and marvel at the many ways it can bend, stretch, pose, move and breathe.
21. I am enjoying a lifelong dance with my body.
22. I am a strong woman.
23. I look radiant by simply wearing a smile.
24. I delight in taking care of my body when it needs healing and recovery.
25. I channel love and energy to everyone around me.
26. I listen to my body's needs with respect and kindness.
27. I am patient with myself and worthy of all the waiting.
28. I move at the perfect pace.
29. I continue to be amazed by my body.
30. I fill my body with confidence daily.

