

Empowered Affirmations

I am a woman who trusts herself
I am a woman who takes exquisite care of herself
I am a woman who is deeply connected to her body
I am a woman who owns her power and strength
I am a woman who shows up with heart
I am a woman on a fucking mission
I am a woman with a dream and ambition
I am a woman who wants it all
I am a woman who loves herself first
I am a woman who protects and cares for others
I am a woman who moves like a lioness
I am a woman who doesn't back down
I am a woman who gives with her full heart
I am a woman who loves fiercely
I am a woman who knows what she needs
I am a woman who knows how to communicate
I am a woman who dances with vulnerability
I am a woman who owns and inhabits her body
I am a woman who roars for justice
I am a woman who elevates all those around her
I am a woman with pride and purpose
I am a woman who knows her worth
I am a woman who holds her head high
I am a woman who knows what she wants
I am a woman who loves to love
I am a woman who gets what she wants

A L Y S S A T E N N A N T