



AFFIRMATIONS FOR **LOVING** YOURSELF

by Jewell Elliott

Affirmations for Loving Yourself

I am Complete and Perfect EXACTLY AS I AM.
You are complete and perfect exactly as you are.

I Love myself unconditionally.
You Love yourself unconditionally.

I have NO NEED for validation or approval from ANYONE outside myself.
You have no need for validation or approval from anyone outside yourself.

I am a magnificent being.
You are a magnificent being.

My presence adds value to the world.
Your presence adds value to the world.

I forgive myself for ALL past mistakes and shortcomings.
You forgive yourself for all past mistakes and shortcomings.

I release all guilt and shame.
You release all guilty and shame.

I AM now completely forgiven.
You ARE now completely forgiven.

I am worthy of success and blessing.
You are worthy of success and blessing.

All good things come to me NOW.
All good things come to you now.

I am worthy of Love.
You are worthy of Love.

I deserve all good things.
You deserve good things.

As I LOVE myself, I show others how to Love.
You Love yourself, you show others how to Love.

I am free.
You are free.

I excel in everything I do.
You excel in everything you do.

I easily handle any situation.
You easily handle any situation.

I am limitless.
You are limitless.

I am strong and powerful.
You are strong and powerful.

I am Loving and kind.
You are Loving and Kind.

I am confident and courageous.
You are confident and courageous.

I Love myself beyond measure.
You Love yourself beyond measure.

Love flows abundantly through me.
Love flows abundantly through me.

I am Love.
You are Love.

Love is here to stay.
Love is here to stay.

I am Love.
You are Love.

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