

Self-Nurturing

A F F I R M A T I O N S

I **BREATHE** and
BEGIN ANEW.

I **LOVE** and
VALUE MYSELF.

I am **WORTHY.**

I **LOVE** and
NURTURE MYSELF
with ease.

I am **COMMITTED** to
LOVING and **NURTURING**
myself.

I am **LOVING** and
COMPASSIONATE
to myself.

I am **EMPOWERED** through
my **SELF-AWARENESS.**

I **ACKNOWLEDGE**
MYSELF and
MY GROWTH.

I am **GRATEFUL**
to be **ME.**

I **CELEBRATE** my
GROWTH and **BLESSINGS.**