# AFFIRMATION JOURNAL


I make time
to care for
myself and
I prioritize
myself

# Ways I love myself



I can
overcome
any challenge

# My Strengths



I HAVE
THE POWER
TO CHANGE
MY LIFE

# Things I plan to Change



# I deserve the best

# *Things that will happen*

when they happen


I am
confident
and
outgoing

# My best personality traits


I AM
BEAUTIFUL
INSIDE AND OUT

# My Good Features



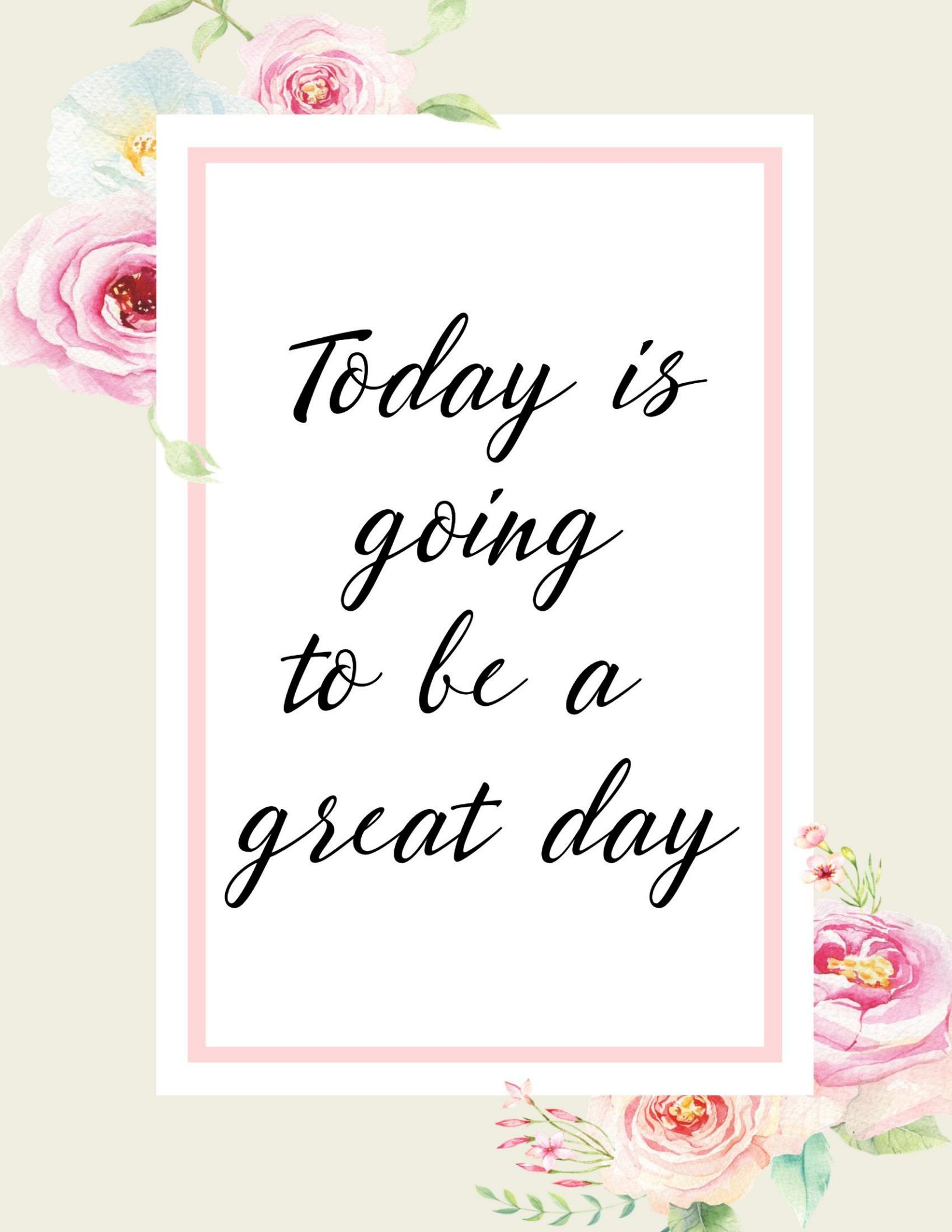
I choose to be happy
and to
love myself
today



# Things I can do for Myself


I have
the power
to accomplish
anything

# Things I will accomplish one day


Today is
going
to be a
great day

# Great things that have happened to me

I AM
GRATEFUL
FOR ALL
THAT I HAVE



# Things I am grateful for


I am
proud
of myself

# Things to be proud of


I DESERVE
TO LOVE
AND BE
LOVED

# I am worthy of...


I was
created
for
greatness

# Signs of Personal Growth

I used to:

But now,


I
love
myself

# Reasons I love myself


I am
good
at what
I do

# Things I do well


I can
excel
in
everything
I do

# *Ways to reach more of*

my potential

I have the power to make an impact

# *Ways in which I can make an*

impact


I am
smart
and
intelligent

# *Things I have learned*


I am
capable
of amazing
things

# Courageous things I have done / I can do

I

BELIEVE

IN MYSELF

# Ways I follow my heart