



## *Daily Affirmations*

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1. I am strong, beautiful, and worthy.
2. I can do it all but not all at once.
3. In times of chaos, I am my own home.
4. I am safe, healthy, and loved.
5. I am strong enough to handle whatever life throws at me.
6. I am giving myself permission to be happy.
7. I am proud of myself.
8. I am successful and will achieve my goals.
9. I am exactly where I am meant to be.
10. I love the person I am becoming.

@thoughtfullybecoming