

Affirmations

I look great, just as I am

Obstacles and challenges strengthen me

My work makes a difference

I am strong, confident and powerful

I am proud of myself!

All my thoughts and efforts lead me to the success I desire

I deserve to be seen in my business

I am grateful to be doing work I love and enjoy

I am driven by passion and purpose

I am stronger than my negative thoughts

I am going to give today my all and hold nothing back

I give today my all and hold nothing back.

My heart is filled with peace, love and joy

I love the person staring back at me in the mirror

I do not compare myself

I am grateful for my body - for everything it allows me to do

I choose to be kind to myself

I am proud of myself!