

25 Positive Affirmations

For When You're Having A Rough Day

- ♡ I am beautiful
- ♡ I am strong
- ♡ I am enough
- ♡ I am powerful
- ♡ I am successful
- ♡ I am lovable and loved
- ♡ I am valuable
- ♡ I am not a quitter
- ♡ I believe in myself
- ♡ I am always improving
- ♡ I am mindful
- ♡ I am unique
- ♡ I am not my mistakes
- ♡ I will create the life that I want
- ♡ I am not alone
- ♡ I am grateful for my journey
- ♡ I am here for a reason
- ♡ I am doing my best
- ♡ I respect my body
- ♡ I deserve to be treated with respect
- ♡ I deserve to be happy
- ♡ I forgive those who have hurt me
- ♡ I accept changes into my life
- ♡ I am in control of my life
- ♡ I will achieve great things today

