

WORDS OF AFFIRMATION PRACTICE PHRASES



PRACTICE SPEAKING THESE WORDS DAILY

- I am enough.
- I am brave.
- I am loved.
- I am worthy.
- I am strong.
- I can do this.
- I am grateful.
- I am smart.
- I am beautiful.
- I am a fighter.
- I am lucky to be alive.
- I believe in me.
- I will survive.
- I will get through this.
- I am blessed.
- I have a bright future.
- I will keep moving forward.
- I am not alone.