

SELF-COMPASSION AFFIRMATIONS

My journey is rooted in self-compassion for whatever happens along the way, I will love and take care of myself.

I am kind to myself and consider my feelings and needs always.

I love myself and show that to myself through actions and choices.

Self-compassion is something I aim for each and every day.

Change is never easy, but I can better manage when I stop being hard on myself.

Today, I will show myself kindness, I won't judge myself and I will practice compassion for myself.

I let my truth shine through, it is sacred, it is me and it is glorious.

The mistakes I make are signs that I am learning and growing.

I forgive myself for my mistakes.

I forgive others who try to judge me, they don't know any better.

I let go of judgement, that which I place on myself and that of other's upon me.

I celebrate me every day.

I am calm and at peace because I know I am here to take care of me.

My best is always good enough.

Today, I feel safe because I have myself.

I love myself to show myself compassion always and foremost.

I know that I always do my best and strive to be the best person I can be.

Today, I will love myself with kind words and appreciation.

I appreciate myself for all that I am and all that I do.

Personal growth means appreciating the best and worst about myself because all these things are a part of me.