

## *Affirmations for Self-Esteem*

### **What I Am**

I am lovable and capable.

I fully accept and believe in myself just the way I am.

I am a unique and special person. There is no one else quite like me in the entire world.

I accept all the different parts of myself.

I'm already worthy as a person. I don't have to prove myself.

My feelings and needs are important.

It's okay to think about what I need.

It's good for me to take time for myself.

I have many good qualities.

I believe in my capabilities and value the unique talents I can offer the world.

I am a person of high integrity and sincere purpose.

I trust in my ability to succeed at my goals.

I am a valuable and important person, worthy of the respect of others.

Others perceive me as a good and likable person.

When other people really get to know me, they like me.

Other people like to be around me. They like to hear what I have to say and know what I think.

Others recognize that I have a lot to offer.

I deserve to be supported by those people who care for me.

I deserve the respect of others.

I trust and respect myself and am worthy of the respect of others.

I now receive assistance and cooperation from others.

I'm optimistic about life. I look forward to and enjoy new challenges.

I know what my values are and am confident of the decisions I make.

I easily accept compliments and praise from others.

I take pride in what I've accomplished and look forward to what I intend to achieve.

I believe in my ability to succeed.

I love myself just the way I am.

I don't have to be perfect to be loved.

The more I love myself, the more I am able to love others.

**What I Am Learning**

I am learning to love myself more every day.

I am learning to believe in my unique worth and capabilities.

I am learning to trust myself (and others).

I am learning to recognize and take care of my needs.

I am learning that my feelings and needs are just as important as anyone else's.

I am learning to ask others for what I need.

I am learning that it's okay to say no to others when I need to.

I am learning to take life one day at a time.

I am learning to approach my goals one day at a time.

I am learning to take better care of myself.

I am learning how to take more time for myself each day.

I am learning to let go of doubts and fear.

I am learning to let go of worry.

I am learning to let go of guilt (or shame).

I am learning that others respect and like me.

I am learning how to be more comfortable around others.

I am learning to feel more confident in \_\_\_\_\_  
(name situation)

I am learning that I have a right to \_\_\_\_\_  
(specify)

I am learning that it's okay to make mistakes.

I am learning that I don't have to be perfect to be loved.

I am learning to accept myself just the way I am.