



JOYFUL LIFE INTUITIVE
GUIDANCE

32

Daily Affirmations

Daily 32 Affirmations

I am intelligent

I am funny

I am great at being myself

My friends like me for who I am

I am perfectly me

I am grateful for my life

I have time to do things I love

My thoughts are important

I am allowed to take up space

I am allowed to be seen and heard

I like me

I love me

I am beautiful

I take great care of my body

My feelings are valid

I am grateful for my loved ones

I am so loved

I deserve and receive massive amounts of love every day

I am allowed to say No

I am more than my challenges

I am important and I matter

I am enough

I love and accept myself

I find freedom in my vulnerability

I feel wonderful and alive

I am worthy

I am in charge of my own self-worth

I am exactly where I need to be right now

I let go of the things I cannot control

I am calm and peaceful

I am at peace with myself and my body

My growth is a continuous process