

I am proud  
of how far  
I've come.

I am  
capable of  
success.

My energy  
is mine  
to share.

I am allowed to  
set boundaries.



# Daily Affirmations

You are worth it.

I trust myself to  
make decisions  
that align with my  
values and goals.

I am  
strong and  
resilient.

There will be  
good and bad days,  
but I can always  
keep going.

I am  
deserving  
of love.