

# Affirmations

I have the power to make positive changes in my life.

I am capable of setting healthy boundaries.

It's okay to say no to things that don't serve me.

I am beautiful on the inside and out.

I am creating the life I desire.

I am strong enough to ask for help when I need it.

I show my body love by taking care of it.

I have the right to make my own choices.

I am worthy of love and respect.

I am strong and capable of handling challenges.

