



POSITIVE *Affirmations*

FOR COMING HOME TO YOURSELF

Gentle reminders for healing, growth & becoming

You do not have to believe every affirmation
perfectly for it to be meaningful.

Notice which words feel supportive today.

Return to the ones you need.

Let the rest wait.



COMING HOME TO MYSELF

1. I am allowed to meet myself exactly where I am.
2. I am learning to listen to what I need.
3. I can return to myself again and again.
4. I do not have to have everything figured out today.
5. I am worthy of my own care and attention.
6. I can make space for who I am becoming.
7. I am allowed to grow at my own pace.
8. I can honor where I have been without living there.
9. I am learning to trust myself.
10. I belong in my own life.



SELF-COMPASSION & GRACE

1. I can speak to myself with kindness.
2. I am deserving of compassion, including my own.
3. I can offer myself grace while I learn.
4. My mistakes do not define my worth.
5. I do not have to be perfect to be worthy.
6. I can be a work in progress and still be enough.
7. I am allowed to rest without earning it.
8. I can release the expectation that I should have known better.
9. I am learning to treat myself as someone worth caring for.
10. I can choose gentleness over judgment.



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YOU ARE ALREADY ON YOUR WAY. ♥

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HEALING

1. Healing does not have to happen all at once.
2. I can heal without rushing myself.
3. I am allowed to feel what I feel.
4. My feelings are information, not instructions.
5. I can make room for difficult emotions without becoming them.
6. I can acknowledge what hurt and still choose what happens next.
7. I am not required to carry everything forever.
8. I can release what no longer belongs with me.
9. Healing can include both grief and hope.
10. I can begin again as many times as I need.



GROWTH & BECOMING

1. Growth can be quiet and still be meaningful.
2. Small steps are still movement.
3. Progress matters more than perfection.
4. I am allowed to change.
5. I can outgrow old beliefs, roles, and expectations.
6. I am becoming more aware of what feels true for me.
7. I can choose differently when I know differently.
8. I am learning from my experiences without being defined by them.
9. I can celebrate how far I have come.
10. I am already on my way.



LETTING GO

1. I can release what I was never meant to carry.
2. I do not have to hold onto something simply because it has been with me a long time.
3. I can let go without forgetting what I learned.
4. I can make peace without pretending something did not hurt.
5. I am allowed to leave old versions of myself with gratitude.
6. I can loosen my grip on what I cannot control.
7. I can choose peace over proving.
8. I do not need closure from everyone in order to keep moving.
9. I can release expectations that no longer serve me.
10. There is room in my life for something new.



COURAGE & RESILIENCE



1. I have survived days I once wondered how I would get through.
2. I can do difficult things gently.
3. Courage can look like asking for help.
4. Courage can look like resting.
5. Courage can look like trying again.
6. I am stronger than I sometimes remember.
7. I can move forward even when I feel uncertain.
8. I do not have to feel fearless to take a brave step.
9. I carry wisdom from everything I have lived through.
10. I can trust that I will meet the next moment when it arrives.



SELF-TRUST

1. I can pause before deciding what comes next.
2. I can listen to my inner wisdom.
3. I am learning to recognize what feels safe, healthy, and true.
4. I can trust myself to take the next right step.
5. I do not need every answer before moving forward.
6. I can change my mind when new understanding arrives.
7. My needs matter.
8. My boundaries are worthy of respect.
9. I can say yes when I mean yes and no when I mean no.
10. I am allowed to choose what supports my well-being.



♥ CONNECTION & SUPPORT

1. I am allowed to need other people.
2. Asking for support is an act of strength.
3. I deserve relationships where I can be fully human.
4. I can choose connection without abandoning myself.
5. I am worthy of being heard and understood.
6. I can receive kindness without questioning whether I deserve it.
7. I can create space for both independence and connection.
8. I am allowed to belong.
9. I can surround myself with people who support my growth.
10. I do not have to walk every part of this journey alone.



HOPE & MOVING FORWARD

1. Today does not have to look like yesterday.
2. There are possibilities I cannot see yet.
3. I can create something meaningful from what I have lived through.
4. I am allowed to imagine a life that feels good to live.
5. I can hold hope even when I do not have certainty.
6. There is still more of my story to be written.
7. I can notice beauty while I am still healing.
8. I am allowed to experience joy without waiting for everything to be perfect.
9. Something new can begin here.
10. I can keep becoming.

MY AFFIRMATION FOR TODAY: ♥

WHAT I WANT TO REMEMBER: ♥

A GENTLE PRACTICE



Choose one affirmation that feels meaningful today.

- ♥ Write it somewhere you will see it.
- ♥ Say it slowly.
- ♥ Notice what comes up.

You do not have to force yourself to believe it.

Simply allow yourself to consider that it might be possible.



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