

AFFIRMATIONS

I am committed to taking control of my actions and reactions and practising self-discipline in all aspects of my life.

I am dedicated to achieving my goals and staying focused on my vision, with self-discipline and determination.

I trust in my ability to make the right choices for myself and my well-being, with self-discipline and self-care.

I am confident in overcoming temptations and distractions, with self-discipline and self-care.

I am worthy of love and happiness. I am deserving of respect and kindness. I practise self-love towards myself.

I am enough, just as I am, with all my flaws and strengths, and I practise self-love towards myself.

I am strong and resilient. I am capable of loving and accepting myself fully, and I practise self-love towards myself.

I choose to focus on my positive qualities and accomplishments, and I practise self-love towards myself.

I practise self-care and self-discipline to improve myself and my life, and I am dedicated to living a fulfilling life.

I embrace self-care as an essential practice to nurture my mind, body, and spirit, creating a balanced and harmonious life.

