## 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.

## AFFIRMATIONS

I prioritise my well-being and make time for self-care, knowing that it is not a luxury but a necessity for my overall happiness.
I release self-judgment and embrace self-compassion, recognising that I am worthy of love and kindness, just as I am.
I treat myself with the same love and care I would offer to my dearest friends, knowing that I am deserving of my own affection.
I am committed to achieving my goals with steady and consistent self-discipline, knowing that each small step brings me closer to success.