

# 10 daily affirmations to boost your self-esteem

1

I love and accept myself just as I am.

2

I forgive myself for past mistakes and learn from them.

3

I grow and become a better version of myself every day.

4

I'm worthy of love, success, respect, and kindness.

5

I'm capable of achieving my goals.

7

I'm flexible and adaptable to change.

6

I'm strong and resilient enough to handle whatever comes my way.

8

I cherish my uniqueness and individuality.

9

I deserve to be happy and fulfilled in all areas of my life.

10

I choose thoughts and beliefs that empower me to create the life I want.

