

# Self Compassion

I give myself the  
same kindness  
and compassion  
I offer to others.



# Self Compassion

I forgive myself for  
past mistakes and  
embrace growth  
and learning.



# Self Compassion

I honor my feelings  
and give myself  
permission to feel  
and express them.



# Self Compassion

I prioritize self-care and nourish my mind, body, and soul.



# Self Compassion

I trust in my  
intuition and  
honor my needs  
and boundaries.



# Self Compassion

I will celebrate  
my progress,  
no matter how  
small.



# Empowerment

I am the captain  
of my ship;  
I have the power  
to shape the  
reality I desire.



# Empowerment

I will stand in  
my truth and  
speak with  
confidence and  
conviction.



# Empowerment

I am a force of  
positivity and  
light that  
inspires others.



# Empowerment

I trust in my ability  
to overcome  
obstacles and  
manifest my  
dreams.



# Empowerment

My unique traits  
empower me to  
make an impact  
in the world.



# Empowerment

I am deserving  
of happiness  
and fulfillment in  
all areas of my  
life.



# Self-Doubt

I release all  
doubts about my  
capabilities and  
embrace my  
potential.



# Self-Doubt

I am confident  
in my abilities to  
overcome  
challenges.



# Self-Doubt

I trust myself to  
make the best  
decisions for my  
well-being.



# Self-Doubt

I am worthy of  
success,  
and I trust in my  
ability to achieve it.



# Self-Doubt

I let go of  
comparison and  
embrace my  
own journey.



# Self-Doubt

I am strong  
and resilient in the  
face of  
uncertainty.



# Worthiness

I am  
inherently  
worthy of love  
and respect.



# Worthiness

My worth is  
not determined  
by others'  
opinions of me.



# Worthiness

I deserve all  
the good  
things life has  
to offer.



# Worthiness

I am enough  
just as I am;  
I deserve to take  
up space.



# Worthiness

My imperfections  
do not diminish  
my worthiness.



# Worthiness

I have full faith in  
my deservingness  
to pursue my  
dreams and goals.

