



Self-Love and Self-Worth



You are the most important person in your life! If you're not putting yourself and your own needs first, your ability to love and give to others will be diminished.

Commit to the journey of loving yourself, because without self-love, nothing else will ever truly fulfill you.

Here are some practical ways to align with loving yourself and valuing yourself:

- Meditate with the intention of being kind to yourself - feel into your heart and say "I love you. I'm here for you. It's ok".
- Say to yourself in the mirror every day "I love you and you are valuable."
- Say affirmations regularly (see below)
- Make time just for you to do things you enjoy and that nurture you
- Give love to others, and feel the joy of doing so.
- If you're feeling hurt or negative in any way, say "Even though I feel _____ I love and approve of myself completely and unconditionally."

Affirmations

I now release past programming and I open up to loving myself.

I am willing to value myself and my purpose.

I am willing to know that I am an important part of the Universal plan.

I now release all childhood traumas that are blocking my self-love and self-worth.

I now release all ancestral and past life traumas that are blocking my self-love and self-worth.

I now release all old programming that is preventing me from loving and valuing myself.

I release the need to judge myself.

I release the need to criticise myself.

I choose to be kind and compassionate towards myself.

I release the need for approval from others.
I have complete love for myself, which extends out to others.
I choose to love myself now and always.
I choose to value myself now and always.
I choose to see the beauty in myself and in others.
I give to myself first, and then I give to others.
I am the most important person in my life.
I honour myself by taking care of myself and doing for myself all that is good for me.
I now choose to overcome self-worth issues and self-love issues.
I am secure in the knowledge that it's ok to be me.
I release all shame about feeling negative feelings.
It is ok for me to feel what I feel.
I respect and honour myself every day.
I fully accept myself just the way I am, faults and all.
I fully approve of myself.
I fully respect myself.
I am worthy of receiving everything that I require and desire.
It is OK to give myself praise.
I accept myself for who I am.
I choose to be authentic, and to love my authenticity.
I release the need to be perfect.
Who I am is good enough.
I believe in myself.
I am worthy and deserving of love.
I am worthy and deserving of praise.
I am worthy and deserving of abundance.
I am worthy and deserving of wellness.
I am worthy and deserving of all that is in my highest good.
I now release all that is blocking me from knowing my true power.
I am willing to know that I am powerful.
I no longer give my power away to others.
I embrace my true power now.

