

Using affirmations to build self-esteem

From Growing Emotional Intelligence with Virtues by Monica Batiste

What are affirmations?

Affirmations are statements you repeat to bring yourself to a positive place about who you are, where you want to be, or what you would like to achieve.

Affirmations help you convince yourself that you are the wonderful person you were born to be.

Affirmations help you achieve your goals because they help you believe in yourself. Use affirmations everyday.

Create your own affirmations by stating what you want in a positive and present way. Here are some to get you started.

Affirmations

I love and accept myself, just as I am I expect good things to come to me Every day in every way, I am getting I deserve what I am asking for better and better and better

I love and accept others, just as they are

I am already perfect, beautiful, and wonderful

There is nothing I need to do, except be myself

I am doing the best that I can

I can see myself improving

I can feel my life is getting better

I can hear others saying how great I am

I can sense that everything is turning out better for me

I attract wonderful opportunities I know things will turn out for me I expect to be treated with respect

I deserve to be loved I deserve to be appreciated

I deserve respect from myself, and others

I am a good person I am a good parent/sibling/child

I am kind to others, and others are kind to me

I attract loving people into my life

I attract kindness into my life

I attract prosperity at every turn

I have more than enough money to do the things I want to do

I attract wealth easily and joyfully I help others, and others help me