



Self-compassion Affirmations

Write down each of the 12 self-compassion affirmations to reinforce them in your mind.

Every day, look at your reflection in the mirror, smile, and repeat them.

SELF-COMPASSION AFFIRMATIONS

1. I am worthy of love and compassion.
2. I accept myself exactly as I am right now.
3. My feelings are valid, and I honor them.
4. I am doing my best, and that is enough.
5. I forgive myself for past mistakes and learn from them.
6. I am deserving of happiness and well-being.
7. I trust myself and my journey.
8. I am resilient and capable of overcoming challenges.
9. I am kind to myself.
10. I embrace my strengths.
11. I am unique.
12. I am willing to make self-care a priority.