

The Ultimate Affirmation List

by
BLACK MILK WOMEN

*"Loving yourself - it really takes
a daily practice"*

-Ru-Paul

I am beautiful

I am not too fat

I am a work in progress

I am strong

I am worthy of my dreams

I am confident

I am courageous

I am creative

I am loved

I am lovable

I am ok as I am

I accept myself

I Love the Skin I am in

I am not too thin

I Matter

My thoughts and opinions matter

It's ok to be different

They / He / She choose me for a reason

I am able

I forgive myself / you

I am wealthy

I am blessed

I support myself

I trust myself

I am grateful

I am calm

It's ok to feel

I am in control

Let it go

Concur The Day

You Slay!

I got this

Tell them to fuck off

I am almost there

I'm going to work hard

I did not wake up to be mediocre

It's a new day

Today, I choose happiness

There is hope

Nothing is stopping me

I will reach my goals

LIFE GOALS

I am in charge

I am the energy I want to attract

My dreams matter

It's all figureoutable

My possibilities are endless

I am going to stop comparing

I won't give up

The best is yet to come

Don't get stuck