



mindlovebody

30 AFFIRMATIONS *for More Self-Love*



by Emily Handren



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*Affirmations are most effective when
said multiple times a day.*



How to use Affirmations:

All you have to do is say one of the affirmations out loud to yourself
3 times a day for about 5 minutes.

The easiest thing to do is set 3 alarms on your phone or e-calendar,
then label them affirmation or type in the actual text of the affirmation
(i.e. You are Beautiful).

By saying affirmations you can improve your mindset within minutes
and increase self-confidence, self-worth, and self-love over time.

Much Love,

Emily

Mind

1

I am grateful for all the good in my life which increases everyday.

2

I am always in the right place, at the right time, doing the right thing.

3

My true nature is to be happy.

4

I choose happiness regardless of my situation.

5

I am committed to making myself the best version of me.

6

I am strong, determined, and I accomplish my goals.

7

I am doing my best and that is enough.

8

I am always solution focused.

9

I'm in the present moment, solution-focused, and surrounded by love.

10

I give up being perfect and choose to be authentic.



Love

1

I am loved unconditionally.

2

I love myself, appreciate myself, and accept myself exactly how I am.

3

I am thankful for all the love in my life.

4

Love surrounds me now in every way.

5

I love myself unconditionally.

6

I deserve a life filled with love and happiness.

7

All relationships start with me and I have a loving relationship with myself.

8

I am grateful for the love that surrounds me daily.

9

I love myself and I allow others to love me.

10

My life is filled with strong relationships filled with love, trust, and honesty.



Body

1

I accept myself as I am today. I choose to grow and evolve into an even better version of myself.

2

When I look in the mirror I see a person and body that I love unconditionally.

3

I enjoy eating clean and healthy food.

4

I am beautiful inside and out.

5

My body is strong and I have the ability to become stronger if I want to.

6

I love how I look and feel when I take care of myself.

7

I am thankful for my healthy and amazing body.

8

My body is perfect just as it is.

9

When I hear compliments about my body I will say thank you and know it is true.

10

I love and appreciate my body.



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Don't those affirmations make you "feel" like there's more? Like you can be thinking better thoughts and FEELING better about... Life?

It may have left you with some questions, though.

For example, One of the first questions I get from someone after they read this short introduction to affirmations is "Emily, there are only 30 affirmations, and it's only directed towards three specific areas of life. I need help elsewhere. I have no idea how to make this work for me. How will this improve my unique life?"

I understand.

I've been there.

I don't want anyone to feel stuck on the road to finding happiness, love, and a fulfilled life, to do exactly that.

You can read more about this life changer [here](#).

You know how they say "Change your thoughts, change your world?"

Well, you've barely scratched the surface.

Click [here](#) and see what I've created for you to unlock your world-changing power.

Love and light,

Emily

"What's Next? Click To Learn More >