

Self Love Your Way to a Slimmer Body and a Happier Life

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Cut on the dotted lines. Fold each affirmation and place in a jar, box or bag next to your bed.
For 30 days choose one daily.

I am in the process of making positive changes in my life.

I release judgments about myself and others.

My positive thoughts support my body's well being.

The greatest gift I can give myself is unconditional love.

Today I notice the things I love and appreciate about myself.

I set the intention to be more kind to myself.

I am gentle and patient with myself.

I am ready and willing to change.

I choose thoughts that make me feel supported.

I feel compassion for all people, myself included.

I am walking a path towards happiness and success.

I can find happiness in any situation.

My positive thoughts create positive experiences.

I am willing to release my patterns of criticism.

I choose to see the best in myself and in others.

I am doing the best I can, and every day it gets easier.

I understand and appreciate my body more and more each day.

I consciously choose thoughts that lift me up.

Today I recognize the many good qualities I have.

I am responsible for my thoughts and my life.

I am kind to myself and I know that I am doing the best that I can.

I support myself and my body in every way.

Every day I appreciate myself more and more.

I will show up for myself today with love and patience.

I release negative thoughts about my body and replace them with love.

I treat myself with kindness and respect.

I am worthy of joy and happiness.

I forgive myself for the past and embrace the present.

I treat my body with the respect it deserves.

I choose to find hopeful and optimistic ways to view any situation.