**20 Self-Care Affirmations**

1. I believe in who I am

2. I am more than enough

3. I make time to nourish my mind, body and soul

4. Self-care isn’t selfish, it’s a necessity

5. Every day I grow stronger and more relaxed

6. I am free from expectations and criticism

7. I am a beautiful and unique individual

8. I honor my intuition and use it as a guide

9. I take care of the world when I take care of myself

10. I take joy in every positive step I make

11. Self-care is a divine responsibility and I accept this responsibility with joy

12. I tap into the frequency of self-love and abundance

13. I dream big and create my life with intention

14. I am grateful for who I am

15. Every day, in every way, I get to know my authentic self

16. With this breath, I release everything that doesn’t serve me

17. I have the courage to say no and set healthy boundaries

18. I allow myself to heal

19. I am worthy of all things wonderful

20. My light shines bright, I am free to be me, now and always!