

daily AFFIRMATIONS

Progress isn't a straight line.

I embrace my weirdness. The right people will join the party and the wrong ones will leave.

My voice matters.

Feelings go up and down. Life goes up and down.
But my worth always stays the same.

I deserve happiness.

Before I can be good at something,
I first have to be willing to be bad at it.

I can achieve my dreams by going my own pace and resting often.

I am loved.

The best way to succeed is through mistakes! I give myself permission to make as many as I need.

I will listen to my body and respect when it is asking me for rest.

I'm stronger than my problems.

