



AUTHENTIC ARMOUR
philosophy + lifestyle

AFFIRMATIONS:
SELF-LOVE

WHAT ARE AFFIRMATIONS?

Affirmations are positive statements or phrases that you repeat to yourself regularly to reinforce a desired belief, behaviour, or outcome. They are used to challenge and overcome negative thoughts and beliefs, replacing them with more empowering and constructive ones. Affirmations are often used in practices like positive thinking, self-improvement, and personal development to help individuals cultivate a positive mindset, boost self-confidence, and manifest their goals and desires.

By consistently repeating affirmations, individuals can reprogram their subconscious mind and create a more positive and supportive internal dialogue.



- I am worthy of love and respect.
- I love and accept myself unconditionally.
- I deserve happiness and fulfillment in my life.
- My imperfections make me unique and lovable.
- I am enough just as I am.
- I am deserving of all the good things life has to offer.
- I trust myself to make the right decisions for my well-being.
- I am proud of who I am becoming.
- I radiate confidence, self-assurance, and inner strength.
- I honor and cherish my body as the temple of my soul.
- I forgive myself for past mistakes and embrace my journey.
- I am deserving of love and kindness from myself and others.
- I am surrounded by love, and it begins within me.
- I choose to focus on my strengths and celebrate my successes.
- I embrace my uniqueness and shine my light brightly in the world.

