

**SPEAK TO
YOURSELF
LIKE YOU
WOULD TO YOUR
BEST FRIEND**
*Affirmations for Worthiness
& Healing*

Because your voice matters—and so do you.

@re.claimyourlife



These affirmations are here to help you rewire old beliefs, dissolve self-doubt, and speak love into your life—one kind word at a time.

Speak them out loud, write them in your journal, or post them on your mirror. Let them become your new inner voice.



I am not broken – I am becoming

My past does not define my worth.

It's safe to trust myself.

I choose progress, not perfection.

I am worthy of love, joy, and peace.

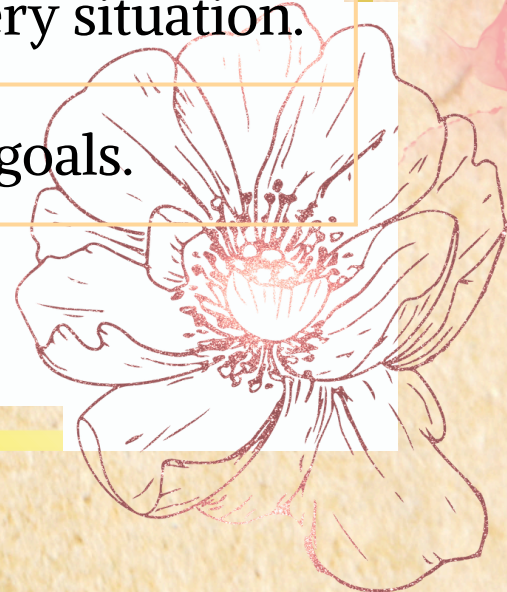
My voice matters. My needs matter. I matter.

I am constantly learning and growing.

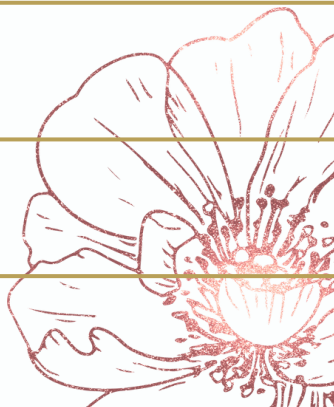
I attract positive people and situations into my
life.

I choose to focus on the good in every situation.

I am capable of achieving my goals.



Write Your Own Affirmations...that speak directly to your story.

A line drawing of a flower, possibly a hibiscus, in the bottom right corner. The flower has several large, overlapping petals and a detailed center with many stamens. It is drawn in a simple, sketchy style with black outlines.