

100 AFFIRMATION

1. "I deserve to dedicate time and care to myself, knowing I am strong and capable of overcoming any challenge."
2. "Every day, my confidence in my role as a mother grows stronger."
3. "I am grateful for the loving support I receive from my family and friends."
4. "I allow myself to ask for and receive help when I need it, without hesitation."
5. "Every step I take towards recovery is a sign of my strength and resilience."
6. "I grant myself the time and space needed to take care of myself without feeling guilty."
7. "I trust that I can overcome any obstacle I encounter."
8. "I am a positive role model for my children, even as I face life's challenges."
9. "I embrace my ever-changing body, knowing it is wonderful and precious."
10. "Every day, I draw closer to the fullest and most vibrant version of myself."
11. "I am surrounded by the love and support of other mothers who share my experience."
12. "I commit to making choices that promote my mental health and well-being."
13. "I express my feelings and concerns openly and honestly, knowing they are valid and worthy of attention."
14. "Every day, I find moments of joy and gratitude."
15. "I am capable of facing challenges with calmness and resilience, always finding a solution."
16. "I allow myself to let go of the past and live fully in the present moment."
17. "I am surrounded by love and support, and I feel secure in my family environment."
18. "I grant myself permission to relax and enjoy the moments of joy that life offers me."
19. "Every day, I feel increasingly secure and confident in my abilities."
20. "I am able to face any situation with courage and determination."
21. "I allow myself to let go of control and trust the natural flow of life."
22. "I am grateful for every small progress I make towards my goals and dreams."
23. "I focus on my strengths and abilities, knowing I am enough."
24. "Every day, I feel more hopeful and confident about my future."
25. "I grant myself permission to accept and embrace myself exactly as I am."
26. "I am surrounded by beauty and positivity, and I find joy in the small things in life."
27. "I allow myself to be kind and compassionate with myself during difficult times."
28. "I am able to face difficulties with optimism and determination."
29. "Every day, I feel stronger and more confident in my abilities."
30. "I grant myself the time to reflect and connect with my inner wisdom."
31. "I am grateful for every lesson I learn from my life experience."
32. "I allow myself to let go of judgment and accept myself exactly as I am."
33. "I am surrounded by love and light, and I feel safe in my inner world."
34. "I focus on the present, knowing the past is behind me and the future is yet to be written."
35. "I grant myself permission to explore and experience life fully and fearlessly."
36. "I am able to face challenges with patience and resilience, knowing each obstacle is a lesson."

37. "I allow myself to experience and embrace all the emotions that life offers me."
38. "I am surrounded by positive energy and carry it with me wherever I go."
39. "I grant myself permission to forgive myself for past mistakes and learn from them."
40. "I am grateful for every moment of joy and happiness that life offers me."
41. "I focus on my strengths and abilities, knowing I can overcome any challenge."
42. "I am surrounded by love and support, and I feel safe in my community."
43. "I allow myself to be kind and compassionate with myself during moments of difficulty."
44. "I am able to face challenges with confidence and determination, knowing I can overcome them successfully."
45. "I allow myself permission to live fully and without regrets, knowing every moment is a blessing."
46. "I am grateful for every person who enters my life and helps me on my path of growth."
47. "I focus on the present, knowing it is the most precious and meaningful moment of my life."
48. "I grant myself permission to love and appreciate myself exactly as I am, knowing I am a unique and valuable individual."
49. "I am surrounded by love and support, and I allow myself to receive it fully."
50. "I focus on gratitude for everything I have in my life, even during difficult times."
51. "I am surrounded by love and support, and I feel safe in the arms of my family."
52. "I allow myself to let go of fears and worries, knowing I am stronger than I believe."
53. "I am able to face challenges with optimism and confidence, knowing every obstacle makes me stronger."
54. "I grant myself permission to be kind and compassionate with myself during difficult moments."
55. "I am grateful for every small moment of joy and happiness that life offers me."
56. "I focus on my strengths and abilities, knowing I can overcome any challenge."
57. "I am surrounded by positive energy and carry it with me wherever I go."
58. "I allow myself to express my emotions freely, knowing they are valid and worthy of being heard."
59. "I am able to face challenges with courage and determination, knowing each obstacle makes me stronger."
60. "I grant myself permission to live fully in the present moment, appreciating every moment of my life."
61. "I am grateful for the loving support I receive from my family and friends."
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99. "I am surrounded by love and support, and I feel safe in the arms of my family."
100. "I am loving and appreciated exactly for who I am, even as I navigate my journey."

