



# 30 AFFIRMATIONS FOR YOUR SELF-DISCOVERY JOURNEY

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## **I have everything I need within me to live my dreams!**

1. I trust the journey of rediscovering myself.
2. My thoughts, feelings, and desires are valid.
3. I am worthy of love, respect, and kindness.
4. I deserve to live a life aligned with my true self.
5. I have the courage to confront my own depths.
6. I am enough, just as I am, right now.
7. My self-worth is not determined by external validation.
8. I am worthy of setting boundaries and demanding respect.
9. I release the need for approval from others.
10. I am in charge of my happiness and well-being.
11. I am more than the roles and labels society has given me.
12. I possess the wisdom to discern my true desires.
13. I am open to new experiences.
14. I embrace the complexity and nuance within me.
15. Every day brings me closer to my true self.
16. I am capable of achieving my dreams and desires.
17. I honor my needs and will take time for myself.
18. My intuition is a trusted guide in my life's journey.
19. I am not my mistakes or my past; I am my potential.
20. I have the power to change my story and my life.
21. I am grateful for the journey and eager for what is to come.
22. I release fear and embrace love.
23. I am at peace with who I was, who I am, and who I will become.
24. My unique passions are my strengths.
25. I have endless talents yet to be discovered.
26. I celebrate the small victories because they lead to larger ones.
27. I am deserving of the time I take to work on myself.
28. I am confident in my journey and fearless in my pursuits.
29. I am not defined by my struggles, but refined by them.
30. I am resilient, strong, and brave.



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