The Inner Circle Affirmations

To Decode + Recode Your Subconscious Mind: Reclaiming Self-Love & Inner Worth
April 2026 Glow Up Challenge

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Print this out. Read Affirmations out loud daily, either in the morning or at night, until April 30.

SECTION ONE

Death (Letting Go of Self-Abandonment)

As we begin, remember three simple truths:

1. **Self-abandonment was learned.**
   You were not born doubting yourself, overgiving, or questioning your worth. You came into this life whole, open, and naturally connected to your value. These patterns were formed through experiences where love felt conditional, where you adapted in order to feel safe, seen, or chosen. What was learned can now be unlearned.

2. **Overgiving is not love — it is protection.**
   You learned to give more, fix more, and be more to feel secure in connection. You learned to read the room, anticipate needs, and shape yourself in ways that would keep love close and rejection far. But true love does not require you to lose yourself to keep it. Real love expands you. The moment you stop overextending, you begin to reclaim your energy, your truth, and your power.

3. **Your worth was never negotiable.**
   You may have felt overlooked, unchosen, or not enough at times. You may have experienced moments where love felt distant, inconsistent, or earned. But those experiences did not define your value — they only shaped the lens you learned to see yourself through. Your worth was never something to be given or taken. It has always existed within you, constant and unchanging. As you release these old perceptions, you begin to see clearly again

As you speak these affirmations, you are unwiring patterns of self-sacrifice, overgiving, and internal rejection. You are decoding unworthiness and recoding your subconscious, nervous system, and emotional patterns with safety, self-respect, and deep inner love.

AFFIRMATIONS

- "I now understand I no longer need to abandon myself to be loved. I decode patterns of overgiving and recode self-honoring boundaries. My nervous system regulates in safety within myself."
- "I am learning that I am enough without proving, fixing, or overextending. I decode performance-based worth and recode inherent value. My body softens into self-acceptance."
- "I now choose to believe my needs matter. I decode self-neglect and recode self-prioritization. My system stabilizes in balance and respect."
- "I now understand that love does not require me to lose myself. I decode attachment through overgiving and recode secure self-connection. My nervous system feels safe in stillness."
- "I now choose to release the belief that I must earn love. I decode unworthiness patterns and recode unconditional self-love. My subconscious integrates deep inner security."

SECTION TWO

Rebirth (Choosing Yourself Fully)

As we begin, remember three simple truths:

1. **Self-love is built through choice.**
   You do not wake up one day and suddenly feel confident and whole. You become it through the daily decision to choose yourself, honor yourself, and stand by yourself. In the moments where it feels unfamiliar, where old patterns try to pull you back, that is where the shift happens. Every time you choose yourself, you create a new standard. The moment you choose yourself, even when it feels uncomfortable, you begin to rewrite who you believe you are.

2. **Boundaries are an act of self-respect.**
   Every time you say no to what drains you, you say yes to your worth. Boundaries are not rejection — they are alignment. They are the way you protect your energy, your peace, and your truth. They teach your nervous system that you are safe to hold your ground and still be loved. The moment you set a boundary, you show yourself that your energy matters.
3. **The relationship you have with yourself sets the standard for everything else.**
   How you speak to yourself, treat yourself, and show up for yourself teaches others how to do the same. Your inner world becomes the blueprint for your outer world. When you deepen into self-respect, your reality begins to reflect it back to you. The moment you treat yourself with love, your entire world begins to mirror it.

As you speak these affirmations, you are decoding people-pleasing and recoding your subconscious to see self-love as safe, powerful, and necessary. You are strengthening new neural pathways that support confidence, self-trust, and emotional stability.

AFFIRMATIONS

- "I now understand choosing myself is safe. I decode people-pleasing patterns and recode self-trust. My nervous system strengthens in inner stability."
- "I now choose to believe I am worthy of the same love I give to others. I decode external validation and recode internal fulfillment. My body integrates emotional balance."
- "I now understand I stand at the choice point. I decode self-doubt and recode self-honoring decisions. My system supports aligned action."
- "I am learning that boundaries protect my energy. I decode guilt and recode self-respect. My stress response decreases as I honor myself."
- "I now choose to believe I am safe to be fully myself. I decode fear of rejection and recode authentic expression. My nervous system adapts to self-acceptance."

SECTION THREE

Ascension (Embodying Unshakable Self-Love)

As we begin, remember three simple truths:

1. **Self-love is your foundation.**
   Everything you desire — relationships, success, peace, abundance — expands from how deeply you are anchored in your own worth. When you are grounded in yourself, you no longer chase, prove, or seek outside validation. You become steady, certain, and aligned in who you are. The moment you anchor into your worth, everything you desire begins to feel closer, because you are no longer separate from it.
2. **Your identity determines your reality.**
   When you see yourself as worthy, whole, and enough, your decisions shift, your standards rise, and your life reflects it. You move differently. You choose differently. You no longer settle for what does not match who you know yourself to be. The moment you see yourself differently, your life begins to respond to that new identity.
3. **Loving yourself expands everything.**
   Self-love is not selfish. It is the frequency that allows you to give, receive, and live from overflow instead of depletion. When you are full within yourself, you no longer give to be loved — you give because you already are. The moment you become the source of your own love, everything in your life begins to expand with ease.

As you speak these affirmations, you are decoding identity-level unworthiness and recoding your subconscious patterns into deep self-devotion, confidence, and emotional sovereignty.

AFFIRMATIONS

- “I now understand my identity is rooted in worthiness. I decode self-rejection and recode self-devotion. My identity integrates confidence.”
- “I now choose to believe I am whole as I am. I decode lack and recode completeness. My nervous system stabilizes in peace.”
- “I am learning that self-love is my natural state. I decode insecurity and recode grounded confidence. My physiology reflects calm certainty.”
- “I now understand I am the source of the love I seek. I decode external dependency and recode internal fulfillment. My body embodies emotional safety.”
- “I now choose to believe this is my season of choosing myself. I decode self-abandonment and recode consistent self-honoring. My identity stabilizes in embodied self-love.”