

## Welcome to this affirmation practice for cultivating self-love



Thank you for being here today
These affirmations are designed to
help you find a new language to
connect with yourself
To connect with the true self
That self which is perfect, soft, full of
love

This is a simple practice
I say these affirmations and you repeat them after me
You can say these affirmations out loud, whisper them, or repeat them silently in your mind
Whatever feels best to you today

Let us take a moment to settle into this space You are here now - safe, supported, and comfortable Whether you are seated or lying down Know that you are held

Gently close your eyes
Let your awareness travel to your
body
Notice if there is any tension that you
are holding in your body
Notice your shoulders, your face, your
jaws
Release any tension back to the earth

Now take your awareness to how you are feeling at this moment
If there are any worries or thoughts,
allow them all to be
You are ok

Now taking awareness to the breath
Breathe into your body
Deep breath in
Feel your belly rising
Deep breath out with a long sigh
Two more times
Deep breath in through the nose
Deep breath out from the mouth
Feel yourself relax with every breath
Deep breath in filling up your belly
Deep breath out, letting everything go
You feel completely relaxed

And now returning to the natural rhythm of your breath
Simply noticing the breath
Breathing in
And breathing out
Breathing in
And breathing out
And as you breathe
Feeling the light of love fill up your heart

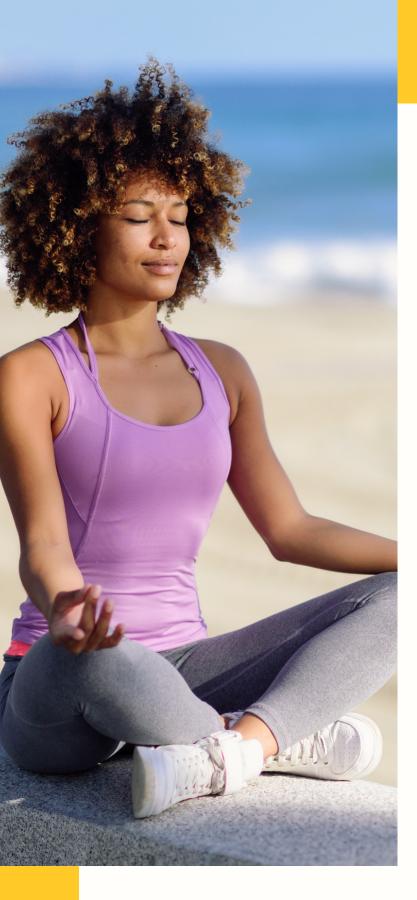
If it feels comfortable
Rest one hand gently on your heart
Allow yourself to take this time for
yourself
While you are here, if at any time
thoughts arise, don't judge yourself
Simply bring your awareness back to
the sound of my voice

## Let's begin

I love myself
I love me
I love myself unconditionally

Loving myself means that I take care of myself I listen to my needs I do the little things that give me joy Every day I do something for myself Every day I give time to myself





I prioritize my needs
Self care if not selfish
Self love is not selfish
Self love is the purest, truest form of love

I take care of my body
I nourish and nurture my body
I do my best to get enough rest and
sleep
I take care of what I put inside my
body
I love and appreciate my body
I am grateful for my body
This body that carries me through my
life
This body through which I experience
life
I am kind to this body
I love my body

I take care of my mind
I nourish and nurture my mind
I do my best to stay in the present
moment
My breath helps me to anchor myself
to the present moment
Whenever I feel stressed or tensed
I know that I can come back to my
breath
This breath that will help me find this
moment

I take care of my heart
I find joy and peace in my heart
I find love and compassion in my
heart
My heart is full of love
I can feel the love for myself in my
heart
I can feel the compassion for myself in
my heart
I am connected to my heart
I listen to my heart
There is forgiveness in my heart
There is happiness in my heart



I free myself from my inhibitions I accept who I am I am in love with who I am This is the real me And this real me is beautiful This real me is worthy I am worthy of happiness I am worthy of love I am worthy of peace I give myself the gift of love The love I have been looking for is inside me All the love that I need is inside me This love is mine I can give it to myself at any time Whenever I need love Whenever I need compassion and support and courage I have all of these inside me

I trust myself to take care of me
I trust myself to always be there for
me
I am my strength
I am me
And this me is the one I love
I love myself
I love myself

And now, stretch your arms out and give yourself a big hug
And say to yourself, out loud if you can
I love myself
Once again
Giving yourself a big hug
Say, I love myself
I love myself so much

Returning to your body when you are ready
And opening your eyes
May this love stay with you, today and always
Namaste