

# BODY CONFIDENCE

## *Affirmations*

Pick a few affirmations that resonate with you or create your own. Repeat them daily, in front of the mirror if you can. Your brain believes what you tell it, so change your inner dialogue to something more empowering.

I am beautiful.

I am powerful.

I am more than my body.

I am allowed to take up space.

I am a goddess.

I am worthy.

I am loved.

I matter in this world.

I am feminine and magical.

I am incredible.

I am...

I am...

I am...