

Love Your Self

Self-Image #7: Affirmations



Write 50 PRESENT-TENSE POSITIVE STATEMENTS about your True Self.
Consider all aspects of your True Self – Body, Mind, Heart, Soul.
Keep adding to this list until you have all 50!

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As you're writing your affirmations, notice how many you have for each area of your True Self (Body-Mind-Heart-Soul) and consider which areas you'd like to add more? Be sure your affirmations are written in the PRESENT TENSE - why do you think this is important? Once you have all 50 AFFIRMATIONS, how can you use this list support your recovery?