

# Customized Affirmations

Affirmations are emotional support and encouragement that we can provide to ourselves. Fill out these sentences with positive words to help create more trust and strength in the relationship that you have with yourself. You have the power to encourage yourself and create healthier self esteem! (For example: "I trust... my intuition." Or "I create... beautiful things.")

I trust....

I am...

I know...

I choose....

I can...

I create...

I am allowed  
to...

I will...

I am worthy of....