

Affirmations you can say to yourself in the mirror:

I love you.

You are precious to me.

You mean the world to me.

I love you exactly the way you are.

I accept you exactly the way you are.

I accept all parts of you, \_\_\_\_\_.

You are beautiful exactly the way you are.

I feel your pain with you, \_\_\_\_\_.

I'm always there for you.

You can do this.

You are strong.

You are capable.

You are a diamond.

You are a princess.

You are a Tzelem Elokim.

Hashem Loves you infinitely.