

## Affirmations for Self-Esteem

- \* Having high self-esteem will make me \_\_\_\_\_
- \* I can influence my \_\_\_\_\_
- \* There are \_\_\_\_\_
- \* I can \_\_\_\_\_
- \* I do not have to \_\_\_\_\_
- \* By Accepting and loving myself I am \_\_\_\_\_
- \* I alone am \_\_\_\_\_
- \* Persistence will \_\_\_\_\_
- \* No matter what \_\_\_\_\_
- \* Every mistake I make can be \_\_\_\_\_
- \* There are \_\_\_\_\_
- \* I can \_\_\_\_\_
- \* Encouragement helps me \_\_\_\_\_
- \* I will \_\_\_\_\_
- \* My worth \_\_\_\_\_
- \* I deserve \_\_\_\_\_
- \* My future \_\_\_\_\_
- \* I have the power to \_\_\_\_\_
- \* I will treat myself \_\_\_\_\_
- \* I determine \_\_\_\_\_

## **Affirmations for Self-Esteem**

**Having high self-esteem will make me more effective.**

**I can influence my own future by planning and taking action to meet my goals.**

**There are many things I do successfully.**

**I can improve my self-esteem by meeting my own expectations.**

**I do not have to strive for perfection to approve of myself.**

**By accepting and loving myself I am giving a gift to the world.**

**I alone am responsible for the decisions I make.**

**I am a unique individual.**

**Persistence will help me succeed.**

**No matter what someone else says or does to me, I am still a worthwhile person.**

**Every mistake I make can be an opportunity to learn.**

**There are many things I can do and enjoy that I have not yet discovered.**

**I can overcome obstacles to reach my goals.**

**Encouragement helps me to improve more than harsh criticism.**

**I will achieve goals I set for myself or revise them when I decide it's appropriate.**

**My worth as a human being does not depend on achieving a perfect body image  
or weight.**

**My future begins now.**

**I have the power to forgive myself for past mistakes.**

**I will treat myself as someone special.**

**I determine what success mean to me.**