

# 自爱

## Mirror Talk Affirmations

Here are some positive affirmations that you can use to build your confidence during a mirror talk exercise:

- Today, I see myself from a place of love. I choose me.
- I choose positive self-talk.
- I love my body and all that it does for me.
- I accept and love myself unconditionally.
- I lovingly embrace all of my fears, I choose to let go of my fear of failure and my negative thought patterns.
- I am a work of art - cherished and admired.
- I radiate love, and I attract loving kindness.
- I choose to be my authentic self, and I choose self-wellness.
- My mind is filled with only loving, healthy and positive thoughts.
- I release the need to judge myself and my body.
- Today is going to be a wonderful day.
- Today will be filled with joy and contentment.
- I choose to spend today in the best way possible and make each moment count.
- I believe in myself and my abilities. I'm capable of much more than I can imagine.
- The only limitations are the ones in my mind.
- I have the power to take control of my feelings and actions.
- My thoughts are positive and bring only good people and circumstances to me.
- I welcome the day with love, gratitude and peace.

- Today is another chance to be a better person, to get closer to my dreams and to enjoy life to the fullest.
- I don't let other people discourage me or make me feel bad.
- I'm the master of my mind, and I choose to focus it on the positive things around me: the great people, the powerful lessons and the countless opportunities.
- I have all it takes to change and to be happy and successful.
- I enter the day with determination.
- I am filled with hope and never lose it, no matter what.
- I deserve to be content, and I choose to live my life as an optimist.
- I share my happy thoughts with others, and I give them a reason to smile.
- Today is going to be a day I'll remember because I'll make it meaningful.
- I'm going to take the best decisions and move forward.
- Facing this day and its challenges will make me stronger and help me learn and grow.
- I let go of all negative thoughts, regrets for the past, fears and worries about the future, judgement, comparison and doubt. And I let in freedom, peace and joy.