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- ♥ I am unique and beautiful
 - ♥ I accept myself exactly as I am
 - ♥ I am strong, brave and resilient
 - ♥ I release anything that does not align with my true self
 - ♥ I have everything I need within me to succeed
 - ♥ I follow my instincts and listen to my heart
 - ♥ I forgive and in doing so set myself free
 - ♥ I prioritise myself and my wellbeing, setting boundaries is an act of self-love
 - ♥ I shine brightest when I am my True Self
 - ♥ I am vibrant and healthy
 - ♥ I accept and respect myself
 - ♥ I am grateful for my body and all that it does for me
 - ♥ I am thankful for all my abilities I am blessed
 - ♥ I am worthy, I am enough
 - ♥ I am loved