

*Affirmation*

***I give myself  
permission to  
truly be me***



*Affirmation*

***I give myself  
permission  
to spend  
time alone***



*Affirmation*

***I give myself  
permission  
to honour my  
emotions***



*Affirmation*

***I give myself  
permission to  
shine bright***



*Affirmation*

***I give myself  
permission to  
trust myself and  
let my intuition  
guide me***



*Affirmation*

***I give myself  
permission to  
be imperfect***



*Affirmation*

***I give myself  
permission  
to love and  
accept myself***



*Affirmation*

***I give myself  
permission  
to be still  
and silent***



*Affirmation*

***I give myself  
permission  
to honour my  
needs first***



*Affirmation*

***I give myself  
permission  
to allow love  
into my life***



*Affirmation*

***I give myself  
permission to  
love myself  
unconditionally***



*Affirmation*

***I give myself  
permission  
to love without  
limits***



*Affirmation*

***I give myself  
permission to  
compromise  
without being  
compromised***



*Affirmation*

***I give myself  
permission to  
seek a partner  
who is good for  
my soul***



*Affirmation*

***I give myself  
permission to be  
loved and cared  
for without  
conditions***



*Affirmation*

***I give myself  
permission to reject  
toxic behaviours or  
ideologies around  
love and romance***



*Affirmation*

***I give myself  
permission to find  
happiness and  
peace from within,  
before seeking it  
from another***



*Affirmation*

***I give myself  
permission to  
create a happy  
and healthy  
relationship***



*Affirmation*

***I give myself  
permission  
to invest in  
myself***



*Affirmation*

***I give myself  
permission  
to demand  
my worth***



*Affirmation*

***I give myself  
permission to  
allow more  
abundance  
into my life***



*Affirmation*

***I give myself  
permission to  
spend money on  
the things that  
I love***



*Affirmation*

***I give myself  
permission to  
create more  
financial wealth***



*Affirmation*

***I give myself  
permission to  
save for my  
future***



*Affirmation*

***I give myself  
permission  
to feel good  
about money***



*Affirmation*

***I give myself  
permission to  
create a healthy  
relationship  
with money***



*Affirmation*

***I give myself  
permission  
to give and  
receive fairly***



*Affirmation*

***I give myself  
permission to  
prioritise my  
health and  
wellbeing***



*Affirmation*

***I give myself  
permission to  
nurture and  
take care  
of myself***



*Affirmation*

***I give myself  
permission to  
stop rushing  
and start  
resting***



*Affirmation*

***I give myself  
permission to  
stop pushing  
myself to  
my limits***



*Affirmation*

***I give myself  
permission to  
honour my  
mind, body and  
spirit equally***



*Affirmation*

***I give myself  
permission to  
cultivate a health  
and wellness  
practice that feels  
right for me***



*Affirmation*

***I give myself  
permission to  
implement healthy  
changes at my own  
sustainable pace***



*Affirmation*

***I give myself  
permission to  
make mistakes  
when creating new  
healthy habits***



*Affirmation*

***I give myself  
permission to  
detoxify my  
mind, body  
and spirit***



*Affirmation*

***I give myself  
permission to  
create healthy  
boundaries***



*Affirmation*

***I give myself  
permission to  
surround myself  
with those who love  
and support me***



*Affirmation*

***I give myself  
permission to  
command love  
and respect from  
my relationships***



*Affirmation*

***I give myself  
permission to  
let go of people  
who do not serve  
my highest good***



*Affirmation*

***I give myself  
permission to  
forgive myself  
and others***



*Affirmation*

***I give myself  
permission to  
accept the  
flaws of others***



*Affirmation*

***I give myself  
permission to  
remove myself  
from toxic  
situations***



*Affirmation*

***I give myself  
permission to  
make time for  
my nearest  
and dearest***



*Affirmation*

***I give myself  
permission to  
lovingly give and  
receive without  
conditions***



*Affirmation*

***I give myself  
permission to  
relax and enjoy  
the moment***



*Affirmation*

***I give myself  
permission to  
make time  
for the things  
that I love***



*Affirmation*

***I give myself  
permission to  
enjoy life to  
the fullest***



*Affirmation*

***I give myself  
permission to  
try something  
new***



*Affirmation*

***I give myself  
permission to  
feel motivated  
and inspired***



*Affirmation*

***I give myself  
permission to  
create amazing  
experiences***



*Affirmation*

***I give myself  
permission to  
be happy***



*Affirmation*

***I give myself  
permission to  
focus on fun***



*Affirmation*

***I give myself  
permission to  
seek joy, despite  
any challenges***



*Affirmation*

***I give myself  
permission to  
pursue my  
dream job***



*Affirmation*

***I give myself  
permission to  
work hard in  
my career***



*Affirmation*

***I give myself  
permission to  
invest in my  
personal  
development***



*Affirmation*

***I give myself  
permission  
to expand my  
knowledge***



*Affirmation*

***I give myself  
permission to  
make mistakes  
and then learn  
from them***



*Affirmation*

***I give myself  
permission to  
let success  
happen in the  
necessary time***



*Affirmation*

***I give myself  
permission to  
grow at my  
own pace***



*Affirmation*

***I give myself  
permission  
to follow my  
own path***



*Affirmation*

***I give myself  
permission to  
celebrate  
my success***



*Affirmation*

***I give myself  
permission  
to cultivate  
sacred space***



*Affirmation*

***I give myself  
permission to  
surround myself  
with things that  
make me feel good***



*Affirmation*

***I give myself  
permission to  
feel safe in my  
surroundings***



*Affirmation*

***I give myself  
permission to  
create a  
beautiful home***



*Affirmation*

***I give myself  
permission to  
let go of clutter  
and chaos***



*Affirmation*

***I give myself  
permission to  
create good  
energy within the  
spaces I use most***



*Affirmation*

***I give myself  
permission  
to spend time in  
inspirational  
surroundings***



*Affirmation*

***I give myself  
permission to  
seek solace  
in spaces of  
serenity***



*Affirmation*

***I give myself  
permission to  
remove myself  
from toxic  
environments***



*Affirmation*

***I give myself  
permission to  
be fully  
present***



*Affirmation*

***I give myself  
permission  
to show  
gratitude***



*Affirmation*

***I give myself  
permission  
to honour the  
process***



*Affirmation*

***I give myself  
permission  
to stop and  
breathe***



*Affirmation*

***I give myself  
permission  
to see the  
perspectives  
of others***



*Affirmation*

***I give myself  
permission to  
cultivate a  
mindset that  
supports me***



*Affirmation*

***I give myself  
permission to  
acknowledge my  
strengths and  
my weaknesses***



*Affirmation*

***I give myself  
permission to sit  
with my thoughts  
and feelings,  
good and bad***



*Affirmation*

***I give myself  
permission to  
take full  
responsibility  
for my life***

