

I am a bright light of loving energy and I allow  
myself to shine.

I love my contagious smile, my humor,  
and my positivity.

I radiate love and I am so divine.

I am kind to my body because it  
is mine.

I love every curve, dip, and  
freckle and I repel any  
insecurities that stem from  
negativity.

I exercise, dance, nourish my  
body, and allow myself the  
peace to unwind.

I am smart and thankful for my  
mind.

New ideas are always coming to me  
and I love my creativity.

Every question I seek is already in me  
and the answers are easy to find.

I am present with those around me and try to  
disconnect online.



I am in tune with my emotions and I am  
empathetic because of my sensitivity.  
My higher self looks after me and  
everything will be just fine.

I am being guided and know when I  
am given a sign.

I manifest an ever-flowing  
abundance of love, joy, and  
tranquility.  
For me, the universe will  
always align.

I am thankful for the maker  
and creator of this universe and  
for her design.

My soul is eternal and will be  
here for infinity.

I love my life and I honor the gift of  
being alive.

I claim this with every breath I breathe  
and every cell I have inside.