



DAUGHTER

Sunflower

SELF-LOVE AFFIRMATIONS



I love and embrace
my body

I was born
beautiful

I love every
aspect of my life

I love how far I've come

I am becoming the woman
I want to be

I forgive myself
for past mistakes

I am growing and learning
each day

I give myself the same
compassion I give others

I am resilient

I am walking fiercely
towards my higher self

