

REPEAT AND/ WRITE YOUR  
SELF -LOVE AFFIRMATIONS

**I am Love, Loving,  
and Lovable.**



**I am  
surrounded by love.**



**I completely  
love and accept  
myself.**



**I am open to  
receiving and giving  
Love.**



**I am worthy of  
healthy  
relationships.**



6AM

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8AM

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10AM

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12PM

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2PM

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3PM

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4PM

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5PM

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6PM

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7PM

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8PM

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9PM

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TODAY'S SELF-CARE ACTION

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