

# SELF CARE Affirmations

*HealingOne*  
www.IamHealingOne.Org

## The Pussy Power Experience

***I am enough, I am worthy, I possess divine wisdom and power within me.***

I smile and stand with my head held high because I am confident that I am here for greatness. I expect fantastic things to come my way because I know I am phenomenal, purposeful and powerful.

I know that the potential to achieve my dreams lies within me. I am confident that I have been equipped to perform any task I am called to do and I am divinely guided with the best strategies.

I choose not to second-guessing myself, and instead, I allow myself to dream big and envision myself living out my dreams. When I believe in myself, I know there is no limit to what I can achieve.

***Self-confidence anchors and grounds me in my best self.***

I have a positive outlook about the future because I choose to believe in the power within me. The potential to achieve my greatest dreams rests inside of me. I am the divine in human form.

I understand that I can and am able to celebrate myself and blessings even if others around me can't. In all I do, I set my mind on the truth of who and what I am. Knowing that I am completely worthy and capable, I feel motivated to move forward toward my desires.

My vision is clear because I look at myself through the eyes of my Creator. In my heart, I believe that the talent I need to achieve my deepest ambitions has been within me since I was created. I know that I am Creator.

### ***Self-Reflection Questions:***

1. What is my vision of myself/what do I see, I when I look in the mirror?
2. Where do I see myself in one, five and ten years?
3. How does what I believe about myself affect what I become?
4. How can I boost my self-confidence daily and keep it as part of my selfcare?