

# My Spiritual Butterfly



## Affirmations



### Self Love

- I am worthy of the best that life and love can offer
- I deeply and completely love and accept myself
- I always treat myself with kindness and love
- I give to myself often
- I forgive myself and move forward with my life
- I think only positive and loving thoughts about myself
- I easily accept compliments and praise from others
- I am loved, respected and valued by others
- I live in a friendly Universe and expect only good things to happen to me
- I deserve happiness