



DELTA SIGMA THETA SORORITY, INCORPORATED

EASTERN REGION

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Self-Love Affirmations

Positive affirmations can be used to re-program your thought patterns and change the way you think and feel about things. They are short positive statements that can help you focus on goals, get rid of negative, self-defeating beliefs and program your subconscious mind. Below is a list of affirmations to help you re-program your thought pattern.

1. I choose to be happy, healthy and successful.
2. I am enthusiastic, energetic and strong.
3. I am health conscious and look after myself properly.
4. Today, I am brimming with energy and overflowing with joy.
5. My body is healthy; my mind is brilliant; my soul is tranquil.
6. I have been given endless talents which I begin to utilize today.
7. Today, I abandon my old habits and take up new, more positive ones.
8. I wake up today with strength in my heart and clarity in my mind.
9. I make my own choices and I create my own future.
10. I love myself unconditionally.
11. I am beautiful and so is the world.
12. Abundance is my true state of being. I accept it fully and joyously.
13. I accept what I cannot change.
14. I make the best of every situation.
15. I look for humor and fun in as many situations as possible.
16. I enjoy life to the fullest.
17. I have control over my thoughts, feelings and choices.
18. I stand up for my beliefs, values and morals.
19. I treat others with respect and appreciate their individuality.
20. I contribute my talents and knowledge for the good of all.
21. I am the architect of my life; I build its foundation and choose its contents.
22. I am superior to negative thoughts and low actions.
23. A river of compassion washes away my anger and replaces it with love.
24. I am guided in my every step by Spirit who leads me towards what I must know and do.
25. I possess the qualities needed to be extremely successful.
26. Creative energy surges through me and leads me to new and brilliant ideas.
27. Happiness is a choice. I base my happiness on my own accomplishments and the blessings I've been given.
28. My ability to conquer my challenges is limitless; my potential to succeed is infinite.
29. My thoughts are filled with positivity and my life is plentiful with prosperity.

30. Many people look up to me and recognize my worth; I am admired.
31. I am blessed with an incredible family and wonderful friends.
32. I acknowledge my own self-worth; my confidence is soaring.
33. Everything that is happening now is happening for my ultimate good.
34. I am a powerhouse; I am indestructible.
35. My future is an ideal projection of what I envision now.
36. My efforts are being supported by the universe; my dreams manifest into reality before my eyes.
37. I radiate beauty, charm, and grace.
38. My obstacles are moving out of my way; my path is carved towards greatness.
39. I am at peace with all that has happened, is happening, and will happen.
40. My nature is Divine; I am a spiritual being.
41. (For business owners) My business is growing, expanding, and thriving.
42. (If you're married) My marriage is becoming stronger, deeper, and more stable each day.
43. (For those who are unemployed) I deserve to be employed and paid well for my time, efforts, and ideas. Each day, I am closer to finding the perfect job for me.
44. (For those who are single) The perfect partner for me is coming into my life sooner than I expect.
45. My life is just beginning.