

# Self Esteem Affirmations

Daily Affirmations from Day 2 of our 5 Day Self Esteem E-course

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- ☐ I have everything I need within myself
- ☐ I have much to celebrate about myself and my life
- ☐ I choose to stop apologizing for being me
- ☐ I love the person that I am
- ☐ I accept myself unconditionally
- ☐ The only approval I'll ever need is mine
- ☐ Accept others as they are and they in turn accept me as I am