

## 10 Daily Affirmations to build a Positive Self-image

1. I am capable and smart.
2. I believe in myself.
3. I surround myself with people who bring out the best in me.
4. I love who I have become.
5. I am on a journey of self-growth and love.
6. My thoughts, words and actions are all aligned for me to be my authentic self.
7. I acknowledge my own self-worth.
8. I deserve the love I give myself.
9. I will continue to learn and grow.
10. I wear a backpack of self-belief every day.

**These powerful affirmations will remind you each day of your worth and arm you with the language to help you thrive.**

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