

Self –Esteem Affirmations

- I AM THE BEST
- I AM HAPPY AND SUCCESSFUL
- I CAN DO EVERYTHING
- I CAN MAKE A DIFFERENCE TODAY
- I DESERVE TO BE HAPPY
- I AM A GREAT COMMUNICATOR
- I PULL BACK MY SHOULDER, LIFT UP MY CHIN AND I FEEL THE POWER
- I AM RELAXED
- I FEEL GREAT