

Affirmations for self-compassion and connection

You yourself, as much as anybody in the entire universe, deserve your love and affection. – Buddha

Affirmations can be an effective way to begin changing the thought patterns that shape how you see yourself.

Here are a few affirmations to remind you of your worth and your capacity to love who you are.

Repeat them slowly, either silently or aloud.

- **I release the need to be perfect**
- **I trust myself to make choices that honour me**
- **My value is not defined by what I do, but by who I am**
- **Everything I need is already within me**

Repeat one or all of these affirmations frequently throughout the day.