

Affirmations for self-love and compassion.

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

Here are a few simple affirmations - to remind you of your worth, your safety, and your capacity to love yourself.

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**
- **I am enough, exactly as I am.**

Repeat one or all of these affirmations throughout the day, as often as you need.