

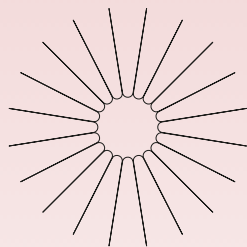
Self-Love

AFFIRMATIONS

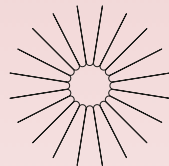
Self-Talk That Changes Your Life

Rania Mezraani, ACC
Mindset Coach & Healer

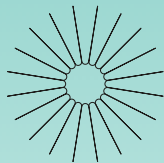
Let these affirmations be
a gentle reminder to come
back to yourself with love.



Speak them slowly, breathe them in, and allow
each one to soften the way you see and hold
yourself. You are worthy of the same kindness
you so freely give to others.



- I am worthy of love exactly as I am.
- I choose to speak to myself with kindness.
- I do not need to earn my worth.
- I am allowed to have needs, boundaries and feelings.
- I forgive myself for the moments I did not know better.
- I am enough, even while I am still growing.
- I choose myself without guilt.
- I deserve relationships that feel respectful and safe.
- I allow myself to receive love, care and support.
- I protect my peace with love and healthy boundaries.



Want to go deeper

Continue your self-love journey with the Self-Love Workbook, a gentle space to reflect, reconnect with yourself, strengthen your boundaries and build a more loving relationship with who you are.

Explore the Self-love Workbook →
<https://raniamezraani.com/>