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## AFFIRMATIONS FOR SELF-WORTH

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Our minds are extremely powerful. Our thoughts influence our actions which shapes our reality. Affirmations are statements that are meant to be encouraging and to help you achieve your goals. Affirmations are a great way to begin to positively train your thoughts and shift your mindset. However, that's just the beginning. For maximum effectiveness, you must be willing to pair your affirmations with changed behaviors or actions to achieve the outcome you desire.

Please enjoy this sample of Affirmations for Self-Worth. Want more? Purchase the full deck of 37 cards at [www.LindseyVertner.com/products](http://www.LindseyVertner.com/products). Additional sets available in: Affirmations for Motherhood, Affirmations for Leadership, and Affirmations for Spirituality.

Be sure to share your favorites on social media using the hashtag [#AffirmationsWithLindsey](https://twitter.com/AffirmationsWithLindsey).

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SELF-WORTH

Comparison is  
the enemy  
of joy.

#AFFIRMATIONSWITHLINDSEY



SELF-WORTH

I am beautiful  
in the skin I'm in.

#AFFIRMATIONSWITHLINDSEY



SELF-WORTH

I am fully  
capable of  
achieving  
all that  
I desire.

#AFFIRMATIONSWITHLINDSEY



SELF-WORTH

I am  
good enough.  
Period.

#AFFIRMATIONSWITHLINDSEY



SELF-WORTH

I do not allow  
others to define  
my worth.

#AFFIRMATIONSWITHLINDSEY