

Affirmations for Worthiness



BY KIDEST OM



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If you are experiencing physical or emotional symptoms that require professional attention, please consult a qualified healthcare or mental health professional.

All practices and tools shared here are meant to **complement—not replace—professional advice**, and should be used at your own discretion and responsibility.

Introduction to Values & Worth Affirmations



These affirmations are grounded in research on unconditional positive regard (Carl Rogers), attachment theory, self-compassion science (Kristin Neff), and the neuroscience of self-concept. Each section includes exercises to help you internalize your inherent worth.

How to Use:

- Read slowly and mindfully, pausing to feel each affirmation
- Choose 3–5 that resonate most deeply
- Complete the worksheet exercises for deeper integration
- Practice daily for best results



Core Worthiness

- 1 I am enough.
- 2 I am enough today, and I am enough on difficult days.
- 3 I have always been enough.
- 4 I will continue to be enough.
- 5 I am enough exactly as I am right now.
- 6 I am enough physically, emotionally, psychologically, intellectually, spiritually, and creatively.
- 7 I am valuable and my presence matters.
- 8 My voice matters. My story matters. My journey matters. My wisdom matters. My presence matters.
- 9 I am equal in worth to every other person.
- 10 I am enough regardless of who else is present.
- 11 I am whole and complete in this moment.
- 12 I am enough for my life exactly as I am.
- 13 My worth doesn't depend on what I do.
- 14 My worth doesn't depend on changing myself.
- 15 I am already enough.

Practice Worksheet – Core Worthiness



Enough-ness Exploration:

When do you most struggle to feel "enough"? (Check all that apply)

☐ At work or school

☐ In relationships

☐ Regarding physical appearance

☐ Comparing yourself to others on social media

☐ When making mistakes

☐ In creative or intellectual pursuits

☐ Other: _____

Wholeness in Dimensions:

Rate how "enough" you feel in each area (1=not enough, 10=completely enough):

Physically: _____ Emotionally: _____ Psychologically: _____

Intellectually: _____ Spiritually: _____ Creatively: _____

Daily Enough-ness Check:

Today, I am enough because:



Self-Regard & Recognition

- | | |
|--|----------------------------|
| 16 I am able to recognize my worth. | 24 I know my own meaning. |
| 17 I know I am deeply worthy. | 25 I know my own purpose. |
| 18 I know I am deeply deserving. | 26 I know my own power. |
| 19 I feel connected to my sense of self. | 27 I know my own beauty. |
| 20 I know my own value. | 28 I know my own strength. |
| 21 I know my own worth. | 29 I know my own wisdom. |
| 22 I know my own significance. | 30 I know my own gifts. |
| 23 I know my own importance. | 31 I know my own light. |



Deserving & Receiving

- | | |
|---|-------------------------------|
| 32 I deserve love, kindness, and respect. | 42 I deserve to feel good. |
| 33 I deserve to be treated well by myself and others. | 43 I deserve to be supported. |
| 34 I deserve to have my needs met. | 44 I deserve to thrive. |
| 35 I deserve to pursue my dreams. | 45 I deserve to be happy. |
| 36 I deserve joy, pleasure, and fulfillment. | 46 I deserve to be free. |
| 37 I deserve to take up space. | 47 I deserve to be whole. |
| 38 I deserve to be heard and understood. | 48 I deserve to be at peace. |
| 39 I deserve to rest and restore. | 49 I deserve to be loved. |
| 40 I deserve abundance in all its forms. | 50 I deserve all good things. |
| 41 I deserve to be celebrated. | |



Unconditional Worth

- 51 My worth is not conditional on my performance.
- 52 My worth is not conditional on others' approval.
- 53 My worth is not conditional on my appearance.
- 54 My worth is not conditional on my productivity.
- 55 My worth is not conditional on my relationships.
- 56 My worth is not conditional on my past.
- 57 My worth is not conditional on my mistakes.
- 58 My worth is not conditional on my achievements.
- 59 My worth is not conditional on my success.
- 60 My worth is not conditional on my wealth.
- 61 My worth is inherent, constant, and unshakeable.
- 62 I was born worthy and I remain worthy.
- 63 Nothing can diminish my inherent worth.
- 64 My worth exists independently of what I do or don't do.
- 65 I am worthy simply because I exist.

About Kidest OM



Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling realities.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and intention transform possibility into reality.

Learn more at infinite-life.com

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Brilliant—could transform your life.

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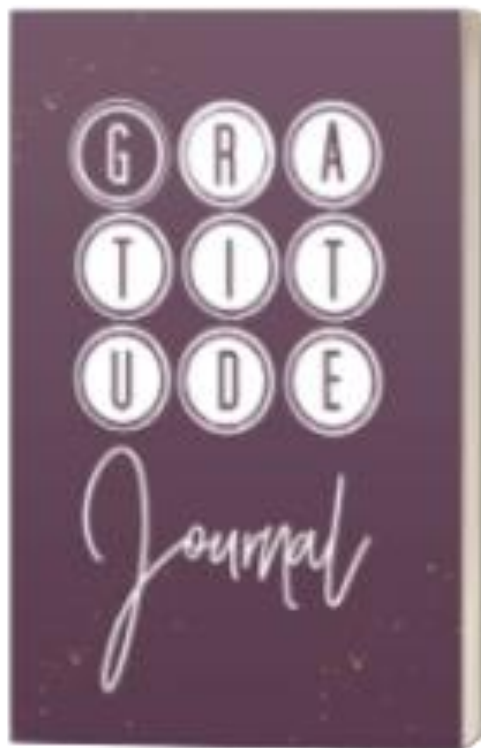


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