

Kidest OM

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110 AFFIRMATIONS FOR HEALTHY SELF-ESTEEM

Self-Esteem Affirmations – Kidest OM

SELF-ESTEEM

1. I have a strong positive self-concept that I am able to maintain in all areas of my life.
2. I have a positive self-image.
3. I have positive internal representations of myself.
4. I deeply and completely admire myself.
5. I deeply and completely admire the being that I am at every stage of life.
6. I acknowledge my own preciousness.
7. I always hold a joyful vision of myself.
8. My concept of self is filled with radiant joy now and always.
9. I have vibrant internal images about who I am and who I am becoming.
10. Happiness with who I am is an appropriate and comfortable state for me.
11. I respect myself immensely now and always.
12. I treat myself with love and respect. I know I am always totally worth loving.
13. I speak to myself with love and respect.
14. I am good to myself in words, deed, and action.
15. I am loving to myself.
16. My moments are about allowing and making things work for me.
17. My needs, my values, my thoughts, my feelings, my beliefs, my experiences are important to me.
18. I value who I am.
19. I value my experiences.
20. I pay attention to myself. I validate myself and my experiences. I know I am worth paying attention to.
21. I honor myself each and every day.
22. I stand up for myself each and every day.
23. I am my own best advocate.
24. I live inside my own body.
25. How and what I think about myself is always constructive and positive.
26. How and what I think about myself is always supportive of me as an individual.
27. How and what I think about myself is always encouraging to me as an individual.
28. How and what I think about myself is always loving to me as an individual.
29. I always make and leave a positive impression on myself.
30. I choose to only imprint my subconscious with positive impressions about myself.
31. I frequently experience joy in the sheer fact of my existence, in the sheer fact of being in my body.

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32. My existence is wholly appropriate.
33. I have total and complete self-trust.
34. I assert myself where and when I need to.
35. I make myself feel safe, I am safe with myself.
36. I comfort and soothe myself when I need comforting and soothing.
37. I am always there for myself.
38. I belong to myself.
39. My primary purpose is the pursuit of my own happiness and the fulfillment of my own positive potential.
40. I deserve to be fully self-expressed.
41. I deserve to self-actualize my full potential.
42. I honor and respect my dreams and visions for my life.
43. My basic concern is with my own approval of myself.
44. I think independently, I live by my own mind, and I have my own perceptions and judgments.
45. I accept my right to experience any and all feelings.
46. I always preserve an attitude of self-acceptance.
47. I speak and act from my innermost convictions and feelings.
48. I am fully committed to my right to exist.
49. I am enthusiastic about being me.
50. I am here to live up to my own expectations and no one else's.
51. I am completely in love with my own life.
52. I am completely in love with my possibilities for growth and for experiencing joy.
53. I am completely in love with the process of discovering and exploring my distinctly unique human potential.
54. I practice selfishness in the highest and noblest sense.
55. I trust my being and my mind to make the choices and decisions that will guide my life.
56. I am entitled to assert my own legitimate needs and wants.
57. I possess a fundamental positive certainty about myself.
58. My evaluation of myself is always constructive and positive.
59. I delight in my existence, I have complete joy in being alive.
60. I am right and appropriate for life. I am right in principle, I am right in my manner of using my consciousness, I am right in my method of choosing and making decisions.
61. My mind is reliable, my cognitions and perceptions are sound.
62. I can freely know, perceive, and honor reality.
63. I trust in my ability to accurately read and know the direction of my life.
64. I honor my own perceptions.
65. I have a high reputation with myself.
66. I hold my abilities, my internal processes, my beliefs, my values, my attitudes in high regard.
67. I fully and completely accept my thoughts, feelings, and the value of my being.
68. I respect my dignity as a human being, I take my own needs and wishes seriously.
69. I am perfectly and inherently fit to independently thrive.

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70. I am not here to obey, adopt, or conform to someone else's version of reality, someone else's belief system. I'm here to live my highest truths even if they don't reflect those of others.
71. I am not here to obey, adopt, or conform to someone else's expectations of me.
72. I am free to openly express my views and opinions.
73. I always give consideration to my own thoughts, needs, and feelings.
74. I respect my own thoughts, my likes and dislikes, I respect my desires, ideas, and opinions. I respect myself.
75. It is safe for me to be psychologically, emotionally, and spiritually visible, to be appropriately seen and understood.
76. I am a great source of pleasure to myself, I love and value my being.
77. I believe in my basic goodness. I believe in my intellectual and creative potentialities.
78. I give myself intellectual, emotional, and physical privacy when I need it.
79. I have a healthy and affirming attitude toward sex and toward my body.
80. My mental operations are fundamentally appropriate to life.
81. I always listen to the voice of my own self instead of automatically abandoning it for the voice of others.
82. I always choose to honor my own inner signals instead of disowning them to follow someone else's.
83. I am intellectually independent.
84. I think, judge, and understand things for myself.
85. It is easy to stand by my own judgment.
86. I feel comfortable asking for help when and where I need it.
87. I follow my own vision.
88. I can easily discern facts from fears and wishes.
89. I see things as they are.
90. I honor my own consciousness and perceptions and I keep healthy space for them.
91. I am responsible for my life, I take full responsibility for my life.
92. I am the chief causal agent in my life and behavior.
93. I accept my basic aloneness and welcome my interdependent existence with others.
94. I am both autonomous and interdependent.
95. My self is a continually evolving creation, an unfolding of my potential.
96. I always accept the reality of what is true for me in any moment of my existence.
97. I always accept the facts of my own being.
98. I contemplate my experiences without needing approval from others. I'm aware of and allowing of what I experience.
99. I welcome and accept my present state, whatever it is, knowing I have the power to create new states as I need.
100. I fully and completely accept who my self is at this point in my life.
101. I fully and completely accept that I am who I am in a given moment.
102. I fully and completely accept that I feel what I feel in a given moment.
103. I fully and completely accept that I have done what I have done in a given moment.
104. I am fully aware and I fully accept my present conditions of self.

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105. I practice self-acceptance each and every day.
106. The sources of my self-esteem are always my own internal signals.
107. I am always worthy of happiness.
108. How my consciousness works is perfectly appropriate and fitting to life and living.
109. I see my own mind as a reliable instrument of perception.
110. I'm capable of handling the responsibilities of new roles and new contexts.

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Kidest OM is a personal development, manifestation, and consciousness expansion author and teacher with indispensable books and online courses designed to help you attract and manifest what you want.

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