



**KIDEST OM**  
*Author, Teacher, Coach*  
Conscious Evolution, Manifestation, Empowerment

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# Affirmations & Worksheet

## 110 Affirmations for Healthy Self-Esteem



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The information and exercises in this downloadable tool are intended for personal growth, educational, and inspirational purposes only. They are not a substitute for professional medical, psychological, or therapeutic care.

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.



## How to Use These Affirmations

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Research shows that affirmations work best when they are:

- Specific and believable rather than overly general
- Process-oriented (focusing on actions you can take) rather than only outcome-oriented
- Paired with concrete evidence from your own life
- Practiced regularly (daily is ideal)

For maximum effectiveness, choose 3-5 affirmations that resonate with you and work through the mini-worksheets included in each section.



## Self-Worth & Self-Acceptance

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### Affirmations

1. I am building a positive relationship with myself through consistent, kind actions.
2. I treat myself with the same compassion I would offer a good friend.
3. I acknowledge both my strengths and areas for growth without harsh judgment.
4. My worth as a person is not dependent on external achievements or others' opinions.
5. I am learning to accept myself as I am right now, while still working toward my goals.
6. I speak to myself with encouraging, supportive words.
7. I make choices that honor my needs and values.
8. I am worthy of care, respect, and kindness—from myself and others.
9. I recognize that making mistakes is part of being human and learning.
10. I am enough, exactly as I am in this moment.

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### Mini Worksheet: Building Self-Acceptance

**Evidence Collection:** List 3 recent examples of times you treated yourself with kindness or respect:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Action Step:** What is one small way you can show yourself compassion this week?



## Self-Respect & Boundaries

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### Affirmations

11. I respect my own thoughts, feelings, and needs.
12. I am learning to set healthy boundaries that protect my well-being.
13. I speak up for myself in situations where my needs matter.
14. I honor my limits and don't apologize for having them.
15. I make decisions that align with my values, even when others disagree.
16. I trust myself to know what feels right for me.
17. I give myself permission to say no without guilt.
18. I am my own best advocate and stand up for my needs.
19. I respect my time, energy, and emotional resources.
20. I listen to my inner voice and honor what it tells me.

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### Mini Worksheet: Strengthening Boundaries

**Reflection:** Identify one area where you need stronger boundaries:

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**Your boundary statement:** "I will \_\_\_\_\_ because \_\_\_\_\_"

**Support needed:** Who or what could help you maintain this boundary?

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## Self-Trust & Confidence

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### Affirmations

21. I am building trust in my ability to handle challenges.
22. I have successfully navigated difficult situations before, and I can do so again.
23. I trust my judgment and decision-making abilities.
24. I am capable of learning new skills and adapting to change.
25. I acknowledge the things I do well and give myself credit for them.
26. I am developing confidence through taking action, even when I feel uncertain.
27. My perceptions and experiences are valid and important.
28. I trust myself to make the best decisions I can with the information I have.
29. I am building competence in areas that matter to me.
30. I celebrate my progress, no matter how small.

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### Mini Worksheet: Recognizing Competence

**Skills inventory:** List 5 things you're good at (any size—making people laugh, cooking pasta, parallel parking):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**Challenge conquered:** Describe a time you handled something difficult:



## Authenticity & Self-Expression

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### Affirmations

- 31. I am learning to express my authentic thoughts and feelings.
- 32. I give myself permission to be imperfect and still valuable.
- 33. I honor my unique perspectives, interests, and preferences.
- 34. I am comfortable being myself, even when it differs from others.
- 35. My feelings are valid, and I have the right to experience them.
- 36. I express my opinions respectfully and confidently.
- 37. I am discovering and honoring what makes me uniquely me.
- 38. I don't need to perform or pretend to be worthy of love and belonging.
- 39. I am building the courage to show up as my genuine self.
- 40. I honor my own path, even when it looks different from others' paths.

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### Mini Worksheet: Authentic Expression

**Values clarification:** What are 3 things that truly matter to you?

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Authenticity check:** In what area of your life do you feel most like yourself?

\_\_\_\_\_

Where could you be more authentic?

\_\_\_\_\_



## Self-Care & Well-Being

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### Affirmations

- 41. I prioritize taking care of my physical and emotional needs.
- 42. I am worthy of rest, relaxation, and pleasure.
- 43. I listen to what my body and mind need and respond with care.
- 44. I create space for activities that bring me joy and fulfillment.
- 45. I am building healthy habits that support my well-being.
- 46. I give myself permission to take breaks when I need them.
- 47. I nourish myself with food, movement, and rest that feel good.
- 48. I am learning to balance taking care of myself with my responsibilities to others.
- 49. I recognize when I need support and reach out for help.
- 50. I deserve to feel good in my body and mind.

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### Mini Worksheet: Self-Care Planning

**Current self-care:** What is one thing you already do to take care of yourself?

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**New practice:** What is one small self-care action you could add this week?

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**Obstacle planning:** What might get in the way, and how will you handle it?

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## Growth & Resilience

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### Affirmations

- 51. I am capable of learning, growing, and changing.
  - 52. I view challenges as opportunities to develop new strengths.
  - 53. I am resilient and have overcome difficulties before.
  - 54. I accept that growth involves discomfort and uncertainty.
  - 55. I celebrate my effort and progress, not just outcomes.
  - 56. I learn from my mistakes without defining myself by them.
  - 57. I am building skills and confidence through consistent practice.
  - 58. I give myself credit for the courage it takes to keep trying.
  - 59. I trust in my ability to adapt and find solutions.
  - 60. I am becoming more of who I want to be, one step at a time.
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### Mini Worksheet: Growth Mindset Practice

**Recent growth:** Describe something you've improved at or learned recently:

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**Current challenge:** What is one area where you're facing difficulty?

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**Growth opportunity:** What might this challenge teach you or help you develop?

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## Independence & Autonomy

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### Affirmations

- 61. I think for myself and form my own opinions.
- 62. I make decisions based on my own values and priorities.
- 63. I am responsible for my choices and my life direction.
- 64. I can ask for input while still trusting my own judgment.
- 65. I honor my independence while also valuing connection with others.
- 66. I am capable of solving problems and handling my responsibilities.
- 67. I trust myself to figure things out, even when I don't have all the answers.
- 68. I am learning to rely on myself in healthy ways.
- 69. I follow my own vision for my life, not someone else's script.
- 70. I balance independence with appropriate interdependence.

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### Mini Worksheet: Autonomous Decision-Making

**Independent success:** Describe a time you solved a problem on your own:

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**Values-based decision:** What is one decision you need to make? What values will guide it?

Decision: \_\_\_\_\_

Guiding values: \_\_\_\_\_

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## Social Confidence & Connection

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### Affirmations

- 71. I am worthy of healthy, respectful relationships.
  - 72. I contribute value to my relationships and communities.
  - 73. I am learning to be appropriately vulnerable with safe people.
  - 74. I can handle disagreement without questioning my worth.
  - 75. I trust myself to read social situations and respond appropriately.
  - 76. I am building confidence in expressing myself with others.
  - 77. I deserve to be treated with respect and kindness.
  - 78. I am comfortable taking up space and participating in conversations.
  - 79. I can be both independent and deeply connected to others.
  - 80. I attract and maintain relationships that support my well-being.
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### Mini Worksheet: Relationship Reflection

**Healthy connections:** Who are 2-3 people who support and respect you?

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**Social strength:** What is one thing you bring to your relationships? (humor, loyalty, listening, etc.)

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**Growth edge:** What is one social skill you'd like to develop?

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## Body Acceptance & Physical Self

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### Affirmations

- 81. I am learning to appreciate my body for what it does, not just how it looks.
- 82. I treat my body with respect and care.
- 83. I honor my body's signals about hunger, rest, and pleasure.
- 84. I am building a more peaceful relationship with my body.
- 85. My worth is not determined by my appearance.
- 86. I give myself permission to enjoy physical pleasure and comfort.
- 87. I am grateful for my body's abilities and strengths.
- 88. I deserve to feel safe and comfortable in my own body.
- 89. I am learning to see my body with neutral or kind eyes.
- 90. I respect my body's unique needs and preferences.

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### Mini Worksheet: Body Appreciation

**Function over form:** List 3 things your body allows you to do:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**Kind action:** What is one way you can care for your body today?

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## Emotional Intelligence & Regulation

### Affirmations

91. I acknowledge and accept my emotions without judgment.
92. I am learning to sit with uncomfortable feelings without trying to escape them.
93. I trust myself to handle my emotional experiences.
94. I can experience difficult emotions and still be okay.
95. I am developing healthy ways to express and process my feelings.
96. I validate my own emotional experiences.
97. I give myself permission to feel what I feel.
98. I am building emotional resilience through practice and self-compassion.
99. I can distinguish between feeling something and being defined by it.
100. I trust that my emotions provide valuable information.

### Mini Worksheet: Emotional Awareness

**Emotion tracking:** What emotions have you felt today? List 3:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Emotional need:** What does the strongest emotion tell you that you need?

\_\_\_\_\_

**Healthy response:** How can you honor this emotion in a constructive way?

\_\_\_\_\_

\_\_\_\_\_



## Worthiness & Deservingness

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### Affirmations

101. I am worthy of happiness, success, and fulfillment.
  102. I deserve good things, not because I've earned them, but because I exist.
  103. I am learning to receive compliments, help, and love gracefully.
  104. I don't need to be perfect to be worthy.
  105. I am enough, and I have enough, right now.
  106. I am deserving of opportunities and positive experiences.
  107. I accept that I am fundamentally valuable as a human being.
  108. I am worthy of investing time and resources in myself.
  109. I deserve to pursue my goals and dreams.
  110. My worthiness is inherent and unconditional.
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### Mini Worksheet: Recognizing Your Worth

**Worthiness statement:** Complete this: "I am worthy because I am \_\_\_\_\_ (a human being, trying my best, learning, etc.)"

**Receiving practice:** Recall a recent compliment or kind gesture. How did you receive it?

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**New receiving:** How could you receive it more fully next time?

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## Daily Practice Guide

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### Making Affirmations Effective

#### Research-based tips:

1. **Choose believability over positivity.** "I am building confidence" works better than "I am supremely confident" if you're not there yet.
2. **Link to evidence.** After saying an affirmation, immediately think of a specific example that supports it.
3. **Use process statements.** Focus on actions and growth ("I am learning to...") rather than fixed states.
4. **Practice self-compassion.** If an affirmation feels false, ask yourself: "What would I say to a friend in my situation?"
5. **Be consistent.** Set a daily reminder to review your chosen affirmations—perhaps in the morning or before bed.

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### Weekly Check-In

At the end of each week, reflect:

- Which affirmations felt most meaningful?
  - What evidence did you notice that supports them?
  - What action steps did you take?
  - What will you focus on next week?
-



## Scientific Foundation

These affirmations are based on research in:

- **Self-affirmation theory** (Steele, 1988): Affirming personal values protects self-integrity
- **Self-compassion research** (Neff, 2003): Self-kindness promotes psychological well-being
- **Growth mindset studies** (Dweck, 2006): Process-focused thinking enhances resilience
- **Cognitive behavioral therapy**: Challenging negative self-talk reduces anxiety and depression
- **Acceptance and Commitment Therapy**: Accepting present experience while pursuing valued actions

**Key insight:** Effective affirmations are not about positive thinking alone—they're about recognizing your values, acknowledging your efforts, and building self-compassion through evidence-based practice.

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**Remember:** Building healthy self-esteem is a practice, not a destination. Be patient and compassionate with yourself as you develop this important skill.



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## About Kidest OM

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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](http://infinite-life.com)



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