

60 AFFIRMATIONS FOR VALUE & WORTH

Affirmations for Value and Worth – Kidest OM

VALUE & WORTH

1. I am enough.
2. I am enough no matter the day.
3. I've always been enough.
4. I will always be enough.
5. I am enough just as I am.
6. I am enough physically. I am enough emotionally. I am enough psychologically. I am enough intellectually. I am enough spiritually. I am enough creatively.
7. I am valuable. I am necessary.
8. My voice is necessary. My story is necessary. My journey is necessary. My wisdom is necessary. My presence is necessary. I am necessary just as I am.
9. I am not less than anyone else and I never will be. I will never be less than others. I am always enough just as I am.
10. I am enough just as I am, no matter who else is in the room with me.
11. I am whole and complete right now.
12. I am enough for everything in my life just as I am.
13. I need do nothing to be enough.
14. I need change nothing to be enough.
15. I'm already enough just as I am.
16. I'm always able to see my worth.
17. I know I am deeply worthy.
18. I know I am deeply deserving.
19. I always feel strong in my sense of self.
20. I am always approving of myself.
21. I always give myself positive attention.
22. I am enough. I have enough. I have always been enough. I have always had enough. I will always be enough. I will always have enough. I choose to see myself and my life in this way daily.
23. I am of equal value and worth to everyone else and I always will be.
24. I fully embrace the rightness of my existence.
25. I am aware of my own preciousness.
26. I am utterly endearing, I've always been utterly endearing.
27. I internally know that I am innately worthy just because I exist.
28. I matter because I exist.
29. I matter as I am.
30. My story matters. My journey matters. My wisdom matters. My presence matters. My experiences matter. My voice matters. My creativity matters.

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31. I matter just as I am.
32. I'm worth taking care of.
33. I am valuable because I exist.
34. I came into existence with all the value and worth I needed to have.
35. My value and worth is equal to everyone else's.
36. I always hold myself in warm regard.
37. I always see my own worth and value.
38. I always see that I am enough, just as I am.
39. Any belief that my value and worth is based on material achievements is false.
40. Any belief that my value and worth is something I earn or gain in life is false.
41. I came into existence with all the value and worth I needed to have.
42. My value and worth is innate.
43. I matter as I am.
44. I am worthy as I am.
45. I am valuable as I am.
46. I am deserving as I am.
47. I am precious because I exist.
48. I am a gift. I am a treasure.
49. All the value and worth I need to have in the world is already within me.
50. My value and worth is equal to everyone else's.
51. I matter because I am breathing.
52. I have all the value and worth I need to have because I am breathing.
53. My value and worth is founded upon the very fact that I exist and nothing else.
54. I exist therefore I have value and worth.
55. There is nothing I need to be to have value and worth. There is nothing I need to do to have value and worth. There is nothing I need to have to have value and worth.
56. My value and worth isn't something I gain or lose based on external things, my value and worth is inherent, it is innate, it is embedded in my very existence.
57. I matter to the whole. I matter to creation. I matter to existence. I matter to our evolution. The Universe created me. The Universe put me here. The Universe loves me, just as I am.

OTHER PEOPLE'S VALUE & WORTH

1. I let others be who they are.
2. I recognize that others are precious and worthy just because they exist.
3. I know that they matter simply because they exist, and that they came into existence with all the value and worth they needed to have.

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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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