

# 30 AFFIRMATIONS

1. I am the handy work of God.
2. God knit me together.
3. God loves and accepts ME.
4. God loves me. So I can love me TOO.
5. I know who I am and I am enough.
6. I am perfectly made.
7. God loves ME!



# to Know God Loves You



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8. My body is my vehicle in life;  
I choose to fill it with goodness.
  9. God gave me life. I am  
grateful.
  10. My life is unfolding beautifully.
  11. God made me perfect!
  12. I am enough, really enough,  
just the way I am.
  13. My body is a gift from God.
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14. It is not for me to decide whether my body is good enough or not.
  15. My body is a divine gift, a temporary home for my soul.
  16. My body and I are designed perfectly!
  17. There is a reason I look exactly the way I look, even if I don't always like that.
  18. What other people think about me is none of my business!
  19. Comparison is the thief of joy.
  20. I am perfectly imperfect!
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21. Life does not have to be perfect to be wonderful.
  22. I am a child of GOD!
  23. I am gifted.
  24. I am gifted by GOD!
  25. I am wonderfully made.
  26. God made me, and God doesn't make junk.
  27. My face is divinely created!
  28. I am beautiful.
  29. I am enough, I am so enough—it is unbelievable how enough I am.
  30. My life is a wonderful journey, not a list of TO DOs.
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