



Vibrantly Confident Body Positive Affirmations created by Kristy Ware

Everything you say to yourself aloud or in your thoughts is an affirmation. The more positive the thoughts that run through your mind, the happier, more confident, less stressed, and more optimistic you will be. Now is the time to love your body for how amazing it truly is!

1. My body is my temple.
2. My body is special.
3. I appreciate what my body can do.
4. I appreciate my smile for bringing joy to the world.
5. I appreciate my heart for bringing love to the world.
6. I appreciate my legs for carrying me where I want to go.
7. I expect good things to come to me.
8. I expect good health
9. I accept compliments with grace.
10. I trust my intuition.
11. I am the ruler of my body.
12. I love my body as much as I love my mind.
13. I am safe.
14. I trust my body.
15. Everything in life is happening for me, not to me. I embrace this.
16. I love my body as much as I love my mind.
17. I am grateful for being alive.
18. I deserve to be treated with love and respect.
19. My opinion of myself is the only one that counts.
20. Taking care of myself feels so good.
21. I choose to do and say kind things for and about myself.
22. My body is a gift and I treat it with love and respect.
23. My body can do awesome things.
24. I choose to nourish my body each day.
25. I eat a variety of foods for my health, wellness and enjoyment.
26. I am love.
27. I have purpose.
28. I was made with divine intention.
29. I am grateful for all the things my body can do.
30. I am beautiful, in every single way.
31. I define myself by the best that is in me, not by the worst that has been done to me.
32. My worth isn't defined by my weight.
33. I define my worth, and I am worthy.