



SOOTHESOUL



Affirmations

Why Use Affirmations?

The words we repeat to ourselves matter more than we often realise.

Many of us spend years carrying thoughts such as "I'm not good enough", "I always get things wrong", or "I don't deserve happiness". Over time, these thoughts can become familiar beliefs that shape how we see ourselves and the world around us.

Affirmations are simple, positive statements designed to help interrupt these patterns and encourage more supportive ways of thinking. They are not about pretending life is perfect or ignoring challenges. Instead, they help us consciously choose thoughts that support our wellbeing, confidence and personal growth.

When practised regularly, affirmations can help to:

- Build self-confidence and self-worth
- Encourage a more positive mindset
- Reduce self-criticism and negative self-talk
- Support emotional resilience during difficult times
- Reinforce healthy beliefs and behaviours
- Create greater self-awareness and mindfulness

Like any habit, affirmations become more powerful through repetition. The goal is not to force yourself to believe every statement immediately, but to gently open your mind to new possibilities and perspectives.

As you work through these affirmations, take a moment to pause and reflect on each one. Notice how it makes you feel and which words resonate most deeply with you.

Remember, healing and growth are not about becoming someone different. They are about reconnecting with the strength, worth and wisdom that have always been within you.

The affirmations have been set out specifically in the following pages to allow you to print off and cut out to make your own personal deck should you choose too. They have been split into 5 sections, Self-Worth, Confidence, Healing, Boundaries, and Peace & Presence.

Self-Worth





SOOTHESOUL
- WELLNESS AND LIFESTYLE -

1

I am worthy of
love, respect, and
kindness exactly
as I am.



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SOOTHESOUL
- WELLNESS AND LIFESTYLE -

2

My value does not
depend on what
I achieve or provide
for others.



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SOOTHESOUL
- WELLNESS AND LIFESTYLE -

3

I no longer need
to earn my
worth.



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SOOTHESOUL
- WELLNESS AND LIFESTYLE -

4

I am enough, even
on the days I feel
uncertain.



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SOOTHESOUL
- WELLNESS AND LIFESTYLE -

5

I deserve the same
compassion I give
to others.



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SOOTHESOUL
- WELLNESS AND LIFESTYLE -

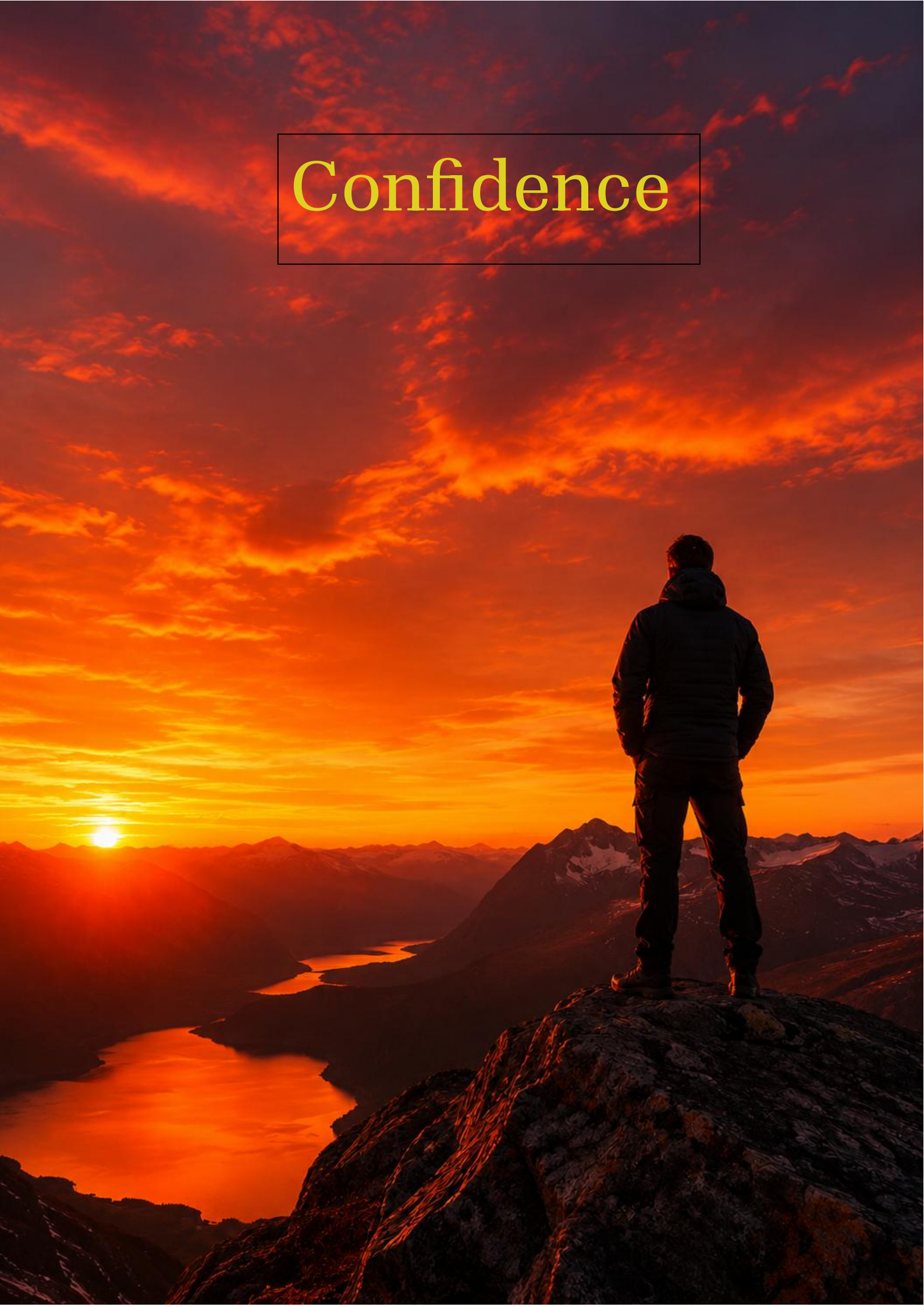
6

My needs
matter too.



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Confidence





7

I trust myself
to handle whatever
comes my way.

— ♥ —
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8

I am capable,
resilient, and
stronger than
I realise.

— ♥ —
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9

I believe in my ability
to make good
decisions for myself.

— ♥ —
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10

I release the need
for everyone to
approve of me.

— ♥ —
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11

I am learning
to trust my
own voice.

— ♥ —
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12

Every small
step forward
builds my
confidence.

— ♥ —
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Healing and Growth





SOOTHESOUL

— WELLNESS AND LIFESTYLE —

13

Healing is a
journey, and I
honour my
own pace.

— ♥ —
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SOOTHESOUL

— WELLNESS AND LIFESTYLE —

14

I give myself
permission to
grow without
pressure.

— ♥ —
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SOOTHESOUL

— WELLNESS AND LIFESTYLE —

15

My setbacks
do not
define me.

— ♥ —
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SOOTHESOUL

— WELLNESS AND LIFESTYLE —

16

I am becoming
more aware,
compassionate, and
authentic every day.

— ♥ —
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SOOTHESOUL

— WELLNESS AND LIFESTYLE —

17

I release what
no longer serves
my wellbeing.

— ♥ —
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SOOTHESOUL

— WELLNESS AND LIFESTYLE —

18

I trust the
process of
my healing.

— ♥ —
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Boundaries

**MY TIME.
MY ENERGY.
MY WELLBEING.
MY BOUNDARIES.**





19

Setting boundaries is an act of self-respect.

— ♥ —
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20

I can care about others without abandoning myself.

— ♥ —
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21

It is safe for me to say no.

— ♥ —
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22

I am allowed to protect my energy.

— ♥ —
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23

I do not need to explain or justify my boundaries.

— ♥ —
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24

Choosing myself does not mean I care less about others.

— ♥ —
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Peace and Presence





25

I choose to be present rather than lost in worry.

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26

I release what I cannot control.

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27

Peace begins within me.

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28

I welcome more calm, gratitude, and joy into my life.

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29

I am learning to appreciate this moment.

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30

I trust that life is unfolding as it should.

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