

Lukki by Nature Coaching

Morning Affirmations

Start each day by reading these affirmations aloud. Feel each word. Believe it.

- I am enough exactly as I am
- My body is strong, capable and healing every day
- I choose peace over panic
- I am worthy of love, rest and abundance
- I release what I cannot control
- My past has shaped me but it does not define me
- I am grateful for this body and everything it survives
- Today I choose to show up for myself
- I trust the process of my healing journey
- I am calm, focused and present
- I deserve to take up space in this world
- My feelings are valid and I can handle them
- I am becoming the best version of myself every day
- I am safe. I am loved. I am enough.
- In God I trust — all is well

“The most powerful relationship you will ever have is the relationship with yourself.”