



# 50 THOUGHTS TO LOVE YOURSELF BETTER

Print these thoughts and put them where you will read them every day.

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1. I am enough.
2. It's okay for me to love me.
3. When I take care of me, I can better take care of others.
4. It's my responsibility to make myself happy.
5. Self-care is essential to a healthy relationship.
6. I'm supposed to make mistakes. I'm a human, not a robot.
7. It's my responsibility to take care of my needs.
8. It feels good to dream big dreams.
9. I'm willing to be wrong.
10. It's my job to love and approve of me.
11. I am capable of calming my nervous system.
12. I am safe.
13. I trust me.
14. All of my emotions are allowed.
15. My emotions are just trying to tell me something.
16. I take care of me like a best friend would.
17. I love me.
18. My body is doing what it's supposed to with what I give it.
19. When I stop judging myself, I will stop judging others.
20. As I love myself, I can better love others.
21. I allow love to flow through me.
22. My body deserves my love + appreciation.
23. My body is doing exactly what it's supposed to be doing.
24. I am willing to feel my emotions as they come up.
25. I am willing to give up beliefs that no longer serve me.



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26. I acknowledge all of my emotions.
  27. It's okay for others to be wrong about me.
  28. I cannot control the future, I can only make decisions for right now.
  29. I honor myself by taking care of me.
  30. I am capable of making decisions for my life.
  31. I am willing to acknowledge and work through my fears.
  32. I am allowed to be happy.
  33. I am worthy of love.
  34. I communicate my needs clearly.
  35. I am willing to learn new things.
  36. I speak to myself like Jesus would.
  37. I surround myself with love.
  38. I am gentle with myself.
  39. My emotions are valid.
  40. I can only control myself.
  41. I think kind thoughts about myself.
  42. I cannot shame myself into sustainable change, only love can do that.
  43. I appreciate me.
  44. Sometimes I'm a great mom, and sometimes I'm not.
  45. I accept and love myself as I am right now.
  46. As I change for the better, everything around me changes, too.
  47. I can improve my relationships by improving myself.
  48. Peace and abundance surround me.
  49. I love and forgive Past Me for the decisions she made.
  50. I allow myself to love me.
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