

Self-Worth Affirmation Cards

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**My worth is not determined
by how others choose to see
me.**

The Self Worth Company

**I am allowed to take up space
without apologizing for it.**

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**I do not have to earn rest, love,
or respect.**

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**I can honor my needs without
feeling guilty for having them.**

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Print on cardstock if desired, then cut along the card borders.

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**I trust myself to recognize what
is right for me.**

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**I am worthy of relationships that
feel safe, mutual, and respectful.**

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**I can choose myself without
abandoning the people I love.**

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**My boundaries are an expression
of self-respect.**

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I release the need to prove my worth to anyone.

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I deserve to speak to myself with the same compassion I give others.

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I am becoming more confident in who I am and what I deserve.

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My worth is constant, even on the days I do not feel my best.

The Self Worth Company

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