

Affirmations – Mirror to Your Younger Self

1. You are enough, just as you are.
2. You didn't deserve the pain, but you do deserve healing.
3. You are not what happened to you.
4. You are worthy of love, rest, and joy.
5. You survived. That makes you strong.
6. You are becoming the person you once needed.
7. You don't need to shrink to be accepted.
8. You matter. Your story matters.
9. You're not alone, someone sees you now.
10. I'm proud of you for just being here today.

#UnMasked

