



Affirmations for the Self Care Junkie

Jedrah Allen

My inner Goddess is allowed and free to come out
and play

When I bleed each month, I am releasing all that no
longer serves me so I may create space for new &
nourishing opportunities

My body is deeply connected to the moon, and I
honour my phases as I honour the moon's phases

I honour my emotions and respect my highs and
lows, as they are divine teachers for patience, self
love and nurturance

I am becoming my brightest self and commit to
continually growing and evolving as a soul

I trust the Universe to guide me to the people, places
and experiences that will highlight my purpose and
inner truth

When I'm in alignment with the love of the universe,
peace cannot be disrupted

I am the loving energy of the universe

I nourish myself with spiritual food and I am satisfied
and free

I am a divine being

I am a whole, nourished and supported

I am beautiful, sexy and radiant

I am free to express my sensuality and step into my
divine feminine power

I love and accept myself right now

The universe has my back

Everything is happening for me, not against me

I choose to love life. My channels for joy are wide
open. It is safe to receive.

I am worthy of more

I am a prosperous woman in all areas of my life

I deflect negativity and magnetize positivity and light
into my life I am allowed to shine brightly and will not
fear other's discomfort

Money exists to support me

Letting go is easy

I freely release the old and embrace the new

I declare peace and harmony all around me, all is well

When I think I've surrendered, I surrender more

I recognize that I have chosen fear, and I choose
again - I choose love

True healing occurs when I give myself permission to
feel whatever feelings live below the triggers

I am a spirit having a human experience and I'm here
to get closer to love

My faith has the power to turn trauma into healing,
conflict into growth and fear into love

I am healing

