HAPPINESSMAMA

Body Love Affirmations

I am a strong woman.
I take good care of myself.
I give my body the gift of movement.
I deserve this time for myself.
I deserve to feel and look my best.
I love myself.
The more love I give myself, in action and in truth, the happier I am, and the more love and happiness I have to share with my family, my friends, and the world.
I acknowledge that I am making this time for myself in my busy life.
I am grateful to myself and to everyone who supports me as I nurture myself in this way.
I am thankful for this time for myself, and I enjoy it!

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