



WOMEN'S MOSQUE
OF CANADA

Self Affirmations

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You are encouraged to read these each morning and/or as often as required. The more you affirm yourself, the better you will feel.

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My self-esteem is high because I honour who I am

I forgive everyone in my past for all perceived wrongs.
I release them with love.

I am at home in my body. All is well.

Everything in my life works now and forever more.

I act as if I already have what I want – it's an excellent way to attract
happiness in my life.

I now free myself from destructive fears and doubts

I am grateful for my healthy body. I love life.

My mind and body are in perfect balance. I am a harmonious being.

I am comfortable looking in the mirror, saying "I Love You, I
really Love You."

I experience love where I go. Loving people fill my life, and I find myself
easily expressing love to others.

Peace begins with me. The more peaceful I am inside, the more peace I
have to share with others.

World peace really does begin with me.

I am beautiful and everyone loves me.

As I forgive myself it becomes easier to forgive others.

My body takes me everywhere easily and effortlessly.

I am worth loving. There is love all around me.

I am safe.

I am unlimited in my wealth. All areas of my life are abundant and
fulfilling.

All is well in my world.

I forgive myself and set myself free.

I am surrounded by love.

This is a new day. I begin anew and claim and
create all that is good and so it is.

Wellness is the natural state of my body.