



## **Daily Guilt-Free Affirmations:**

I trust myself and my decisions

Every day my love for myself grows and grows

I am patient with myself and know that I am learning as I go

I don't judge my past choices and I move forward knowing that I have now become more selective in what I allow into my life

I place loving barriers up to protect myself and I know that I can readjust the level of these barriers at any time.

My heart is my guide, everything I need to know is already inside of me