

100 Self Love Affirmations to Build your Self Esteem

If you're struggling with low self-esteem and self-doubt, know that you are not alone.

But also know that self love affirmations are one way that you can tackle this!

Self love affirmations are one of my favourite ways to work on my relationship with myself, because I know that this forms the basis for absolutely everything else in my life. And that's why I want to share them with you too.



As humans we are often far too critical of ourselves, and it's easy to fall into the habit of negative affirmations without even realizing.

Have you found yourself saying things like "I can't do that", "I'm not good enough" or "I am unworthy"? I know I have...

What many people don't realize is that when we put these negative beliefs out there, all we do is hold ourselves back from living to our true potential.

Not only do we talk ourselves out of exciting opportunities, but we also [send messages to the universe](#) that this is the life that we accept for ourselves.

These limiting beliefs are ultimately what hold us back from manifesting the life that we really want for ourselves, and once we get them in our heads it can be a vicious cycle that affects our behaviour and feeds back into the same thought patterns again and again.



