



*"I'm perfectly imperfect and I love myself  
just the way I am"*

*"I'm valuable and valued each day by others  
because I value myself"*

*"I choose to love and care for and feel good  
about myself. I am worthy of my own love"*

*"My self esteem is high because I respect  
and honour who I am and celebrate what it  
means to be me"*

*"Every challenge that comes my way is an  
opportunity for me to grow and learn from a  
place of self love and acceptance"*