

# Affirmations for Building Self Esteem

1. I am a valuable and important person, and I am worthy of the respect of others.
2. I'm optimistic about life, I look forward to and enjoy new challenges to my awareness.
3. I am my own expert, and I allow others the same privilege.
4. I express my ideas easily, and I know others respect my point of view.
5. I am aware of my value system and confidence of the decision I make based on my current awareness.
6. I have a positive expectancy of reach my goals, and I bounce back quickly from temporary setbacks.
7. I have pride in my past performance and a positive expectancy of the future.
8. I accept compliments easily and share my successes with others who have contributed to them
9. I feel warm and loving toward myself, for I am unique and precious being, ever doing the best my awareness permits, ever growing in wisdom and love.
10. I am actively in charge of my life and direct in constructive channels. My primary responsibility is for my own growth and well being (the better I feel about myself, the more willing and able I am to help others).
11. I am my own authority (and I am not affected by negative opinions or attitudes of others).
12. It is not what happens to me, but how I handle it, that determines my emotional well being.
13. I'm a success to the degree that I feel warm and loving towards myself.
14. No one in the entire world is more or less worthy, more or less important, than me.
15. I count my blessing and rejoice in my growing awareness.
16. I am an action person; I do first things first and one thing at a time.
17. I am warm and friendly toward all I contact; I treat everyone with consideration and respect.
18. I am kind, compassionate and gentle with myself.

We all have ongoing background thoughts about ourselves. Using affirmations is a way to replace negative "self-talk" with positive messages.