

DO YOU
KNOW
HOW
SPECIAL
YOU
ARE?



IN CASE NOBODY TOLD YOU TODAY

YOU ARE ENOUGH



YOU ARE
AMAZING

YOU ARE IMPORTANT



YOU ARE NEEDED



YOU ARE LOVED



how do self love affirmations work?



THEY HELP TO **INCREASE**
SELF-RELIANCE, TAKE
ACTION IN YOUR LIFE,
BUILD SELF-CONFIDENCE,
AND **IMPROVE** SELF-CARE
BY CREATING A MORE
POSITIVE OUTLOOK ON
LIFE.

* YOU ARE A SPECIAL
FLOWER BLOSSOMING
AMONG MANY;
WITHOUT YOU, THE
GARDEN IS
INCOMPLETE.

- MATSHONA T. DHLIWAYO