


*Use these cards to
cultivate a deeper
sense of self-worth!*




*"I am
worthy of love and
respect."*




*“ I am
More than enough,
already, right now,
just as I am ! “*



*" My value is
inherent and unaffected
by external judgments. "*



*"Embrace my
uniqueness; it adds to
my worth."*



*"I am
deserving of success
and happiness."*

*"I honor my
worth by setting healthy
boundaries."*

*" I believe in
my abilities and trust
my journey. "*



*"My worth is not
determined by my past
or mistakes."*

SELF-WORTH AFFIRMATION  THE IMPORTANCE OF SELF



*"I celebrate
the value I bring
to the world."*

The Empowered Woman 