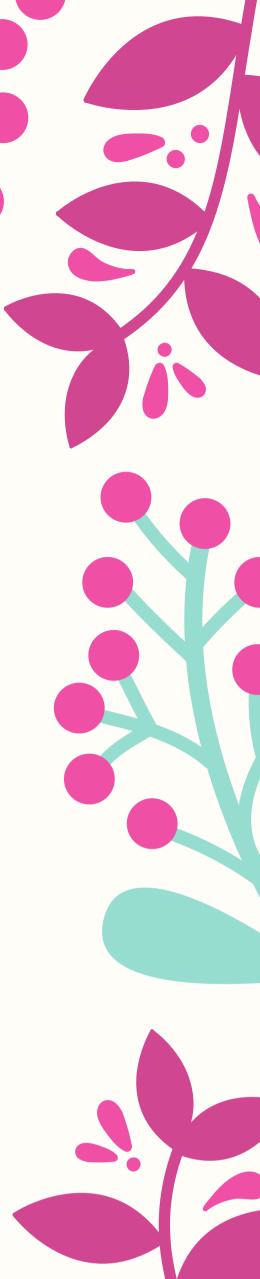
SELF-LOVE AFFIRMATIONS

Alison Seponara, MS, LPC

HOW TO MAKE THEM WORK

Make it personal

Declare your negative thought and write down a positive statement against that belief



Keep it positive and in the present tense

Focus on what you want to achieve rather than what you don't want.

Make it memorable

Short, simple, and direct affirmations have more likability