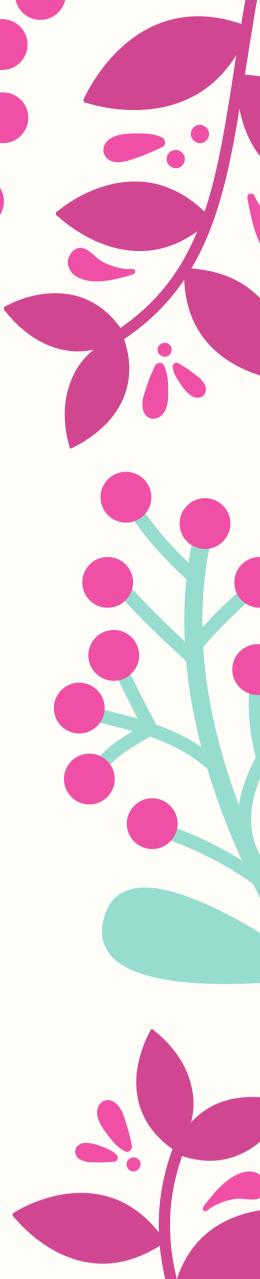
## SELF-LOVE AFFIRMATIONS

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