

Dedicated to

I dedicate this booklet to my beloved Umzuhair for her unwavering love and support, who always radiated angelical love, strength, gratitude and wisdom. I also dedicate it to my loveable and beautiful daughters.

Introduction

This book is created to remind you what a beautiful and wonderful human being you are and to remind you that you have the skills and knowledge to become whatever you want to be. It all starts with accepting yourself and discipline yourself to stay focused on things that matter to you the most. By using these affirmations deliberately and consistently you will notice a remarkable transformation in your life. Stay blessed and awe inspiring!

-Loving and appreciating yourself-



- **I love and accept myself for who I am**
- **I treat myself with kindness and respect**
- **I am whole and complete**
- **I am proud of myself**
- **I appreciate my life and I am fulfilled**
- **I believe I can do anything I set my mind to**
- **I open my heart to wonderful things**
- **I am worthy of receiving abundance**
- **I am secure with who I am**
- **I am my own unique Self**