

✨ Dream Self Affirmations ✨

🌸 Self-Love & Worthiness

1. I am worthy of love, joy, and success.
2. I deeply and completely love myself.
3. I honor my beauty inside and out.
4. I choose to treat myself with kindness.
5. I radiate love in everything I do.
6. I trust the wisdom of my body and heart.
7. I am gentle with myself as I grow.
8. I deserve to feel good about who I am.
9. I naturally attract people who love and support me.
10. I am proud of who I am becoming.

🌸 Confidence & Self-Belief

11. I trust myself completely.
12. I believe in my ability to create the life I desire.
13. I step into each day with confidence and ease.
14. I am magnetic, radiant, and strong.
15. I know my presence is valuable.
16. I am fearless in pursuing my dreams.
17. I allow my light to shine brightly.

18. I feel safe expressing my true self.
19. I walk with grace, strength, and power.
20. I am more than enough exactly as I am.

Releasing Resistance & Fear

21. I release all doubts that no longer serve me.
22. Fear does not define me.
23. I let go of the need to be perfect.
24. I am free from old stories that held me back.
25. I choose to see obstacles as opportunities.
26. I forgive myself and move forward with love.
27. I am not my past—I am creating my future.
28. I gently release resistance with every breath.
29. I replace fear with faith in myself.
30. I am safe, supported, and free.

Dream Self Habits & Traits

31. I embody the habits of my Dream Self daily.
32. I naturally choose actions that align with my highest self.
33. My Dream Self already lives within me.
34. Every choice I make strengthens my confidence.
35. I act with clarity and purpose.
36. I feel excited to live as my best self.

- 37. I embody consistency, discipline, and ease.
- 38. I show up as the woman I want to be.
- 39. My habits support my happiness and growth.
- 40. I thrive in alignment with my true self.

Self-Trust & Inner Guidance

- 41. I trust my inner wisdom.
- 42. My intuition always guides me to what is best.
- 43. I know how to make aligned choices.
- 44. I am confident in my decisions.
- 45. I listen to my heart with trust.
- 46. I am guided by love and clarity.
- 47. I know I can rely on myself.
- 48. I honor my needs and desires.
- 49. My inner voice speaks with strength and wisdom.
- 50. I feel safe trusting myself fully.

Embodiment of Radiance

- 51. I radiate joy and confidence.
- 52. My smile is magnetic.
- 53. I glow from within.
- 54. I bring beauty and light into every space.
- 55. I am radiant in all that I do.

- 56. My energy uplifts those around me.
- 57. I shine with natural grace.
- 58. My Dream Self energy flows through me.
- 59. I embody elegance, ease, and charm.
- 60. I am a vision of strength and softness.

Manifestation & Growth

- 61. I attract opportunities aligned with my Dream Self.
- 62. I am a magnet for abundance and joy.
- 63. Everything I need to thrive is within me.
- 64. My life expands with love and possibility.
- 65. I naturally attract success and fulfillment.
- 66. I manifest my desires with ease.
- 67. I grow more aligned with my Dream Self each day.
- 68. My energy creates beauty all around me.
- 69. I am open to miracles and blessings.
- 70. I thrive in my Dream Self reality.

Relationships & Expression

- 71. I attract relationships that honor my Dream Self.
- 72. I am surrounded by love and support.
- 73. I express myself with confidence and joy.
- 74. My words are powerful and kind.

- 75. I feel safe being fully seen.
- 76. I attract people who celebrate the real me.
- 77. I am magnetic to love, connection, and laughter.
- 78. My energy invites harmony and respect.
- 79. I share my authentic self freely.
- 80. I am adored for exactly who I am.

Future Vision & Daily Life

- 81. I wake each day excited to live as my Dream Self.
- 82. My daily actions align with my best self.
- 83. I see beauty in my journey.
- 84. I am proud of my progress.
- 85. My Dream Self life is unfolding perfectly.
- 86. I celebrate even the smallest steps forward.
- 87. I feel joy in living as my true self.
- 88. I am becoming the woman of my dreams.
- 89. My life thrills me more each day.
- 90. I am open to limitless possibilities.

Anchoring in Confidence & Joy

- 91. Confidence flows through every cell of my being.
- 92. I am filled with joy and radiant energy.
- 93. I stand tall, proud, and free.

94. I trust the process of my becoming.
95. My confidence inspires others.
96. I live boldly and unapologetically.
97. I embody my Dream Self with ease.
98. I love the woman I am and the woman I am becoming.
99. I am unstoppable in my self-belief.
100. I am my Dream Self, here and now.

Xoxo, Steph
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