Be kind to your mind affirmations



I am worthy of respect.

I am worthy of kindness & love.

I am open & honest about my feelings.

I am a good & caring friend.

I deserve friends that treat me with kindness.

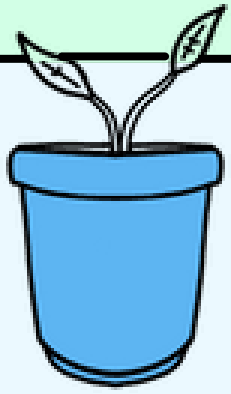
I accept myself as I am. xo

My voice matters.

I can be proud of myself & my accomplishments.

My mistakes don't define me.

I look forward to being challenged, that is how I grow.



komodo