

# Daily Affirmation Checklist

## FOR INSECURITY & LOW-ESTEEM

Every Morning, after you wake up, take time to speak this scripture-inspired affirmations over yourself and over your day.  
This way, you encourage yourself and take charge of your day.

I AM BEAUTIFUL.

I AM FEARFULLY AND WONDERFULLY  
MADE. I KNOW THAT WELL.

WHAT PEOPLE SAY ABOUT ME DOES  
NOT DEFINE ME.

MY BODY IS BEAUTIFUL. MY EYES, NOSE,  
MOUTH - ALL OF IT: BEAUTIFUL.

I AM STRONGER AND BETTER THAN I  
WAS YESTERDAY.

THESE FIGHT OF ANXIETY, DEPRESSION, AND  
INSECURITY WILL NOT TAKE ME UNDER.

I AM A CONQUEROR. I AM A WARRIOR. I  
AM A VICTOR.

I AM GOD'S DAUGHTER, AND I WALK IN  
THAT TODAY.