

Challenge Day 2: Affirming and Accepting Who You Are

- I have everything I need within myself.
- I have much to celebrate about myself and my life.
- I choose to stop apologizing for being me.
- I love the person that I am.
- I accept myself unconditionally.
- The only approval I'll ever need is mine.
- Accept others as they are and they, in turn, accept me as I am.