



AFFIRMATIONS:

1. I am Enough just as I am.
2. Just. Breathe. (*and then actually breathe slow and deep...*)
3. What Would Maya Angelou Do?¹
4. It's okay to feel _____. (nervous, petty as fuck, angry, sad, etc...)
5. I am a magical unicorn and people fucking love it.
6. I've gotten through bad times before. I will do it again.
7. Love is all around me.
8. Yes, she's won the Pulitzer but I bet she hasn't inadvertently visited a porn theater with one of her best friends.
9. I love who I am right now.
10. I am magnetic and irresistible.

¹ Y'all know who Maya Angelou is. But, basically, pick someone whom you look up to, real or imaginary. Fake like you were them and then act out of love and compassion. Repeat as necessary.

11. I have the most magical, juicy pussy² in New York City.³
12. Change is always possible.
13. I have a calm, open heart.
14. The world loves me and I love the world.
15. I am safe.
16. My black woman body⁴ is a magnificent work of art.
17. Nothing **anyone** has takes away from what I might gain in my life.



And don't forget, **you can make up your own!** No one has to know what your affirmations are but you...unless you choose to share them on the Internet like I just did.

² I have a pussy. But you should insert any body part that you or society maligns and celebrate the fuck out of it.

³ Probably works best if you use the city you are actually in, but do you!

⁴ And you should actually be a black woman if you are saying this. I am looking at you Ms. Dolezal.