

# Acceptance Affirmations

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Select your acceptance affirmation or create your own. Use this affirmation as your mantra and repeat it in your mind as you move through your day.

**A**ccept yourself as you are. Period.

**A**ccept your imperfections. Period.

**A**ccept your past as your past. Period.

**A**ccept the reality of your current situation. Period.

**A**ccept your discomfort and know that it exists sometimes. Period.

**A**ccept that some things are uncertain. Period.

**A**ccept your vulnerabilities. Period.

**A**ccept unmet expectations. Period.

**A**ccept self-compassion. Period.

**A**ccept self-doubt. Period.



What affirmation did you choose for yourself today? Why?

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