

I always have the power to let go of the beliefs, situations, and relationships that no longer serve me.

I allow myself to feel my feelings as the first step in my healing journey.

# DAILY AFFIRMATIONS

<https://www.onangelswingshealing.com/>

I am worthy of love and respect from everyone in my life.

I listen closely to my own heart and soul to guide me in every moment.

I begin this day by loving and accepting every part of myself, exactly as I am.