

20 affirmations for acceptance

1. I accept responsibility for my words and actions.
2. I embrace that which teaches and empowers me.
3. I accept myself as I am.
4. I relax, allow, and release.
5. Thank you for my experiences.
6. I am confident in my choices and decisions.
7. I trust my intuition and inner wisdom.
8. I acknowledge how powerful I truly am.
9. I accept that which I cannot change.
10. I choose to love myself as I am now.
11. I accept others as they are.
12. I am proud of myself.
13. I accept and love myself unconditionally.
14. I choose to let go of what I cannot control.
15. I focus on what I can.
16. I accept others exactly for who they are.
17. I trust in the journey that was made for me.
18. I am at peace with myself & the world around me.
19. I trust myself.
20. I choose to focus on the present moment and accept it fully.

Acceptance Affirmations Attraction Self Hypnosis Meditation

H Kauffman



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