



Affirmations For Living My Authentic Self





**I release shame
and embrace
curiosity.**





My identity is valid
and worthy of respect.
I am whole exactly
as I am.



Caring for my
sexual health
is an act of
self-love.





I am free to
explore my
pleasure
without judgment.





**I deserve
access to safe,
affirming
healthcare.**





My body's
wellbeing is
important and
worthy of care





**I have the
right to ask
questions and
seek support**





**I listen to
my body
with kindness
and respect.**





I honour my
body's needs,
boundaries, and
desires.





My sexuality
is valid,
no matter how
it looks or feels.





**My gender expression
is beautiful and
powerful.**





I deserve to take up
space as my
authentic self.





I am whole
exactly
as I am.





My journey
is mine to define
and celebrate.





I radiate
confidence in
being who
I truly am.





I belong
in every space,
exactly as
myself.





My brain
is brilliant
in its own
unique way.





I do not need to
mask who I am
to be worthy of
love and belonging.





My differences
are my
strengths.

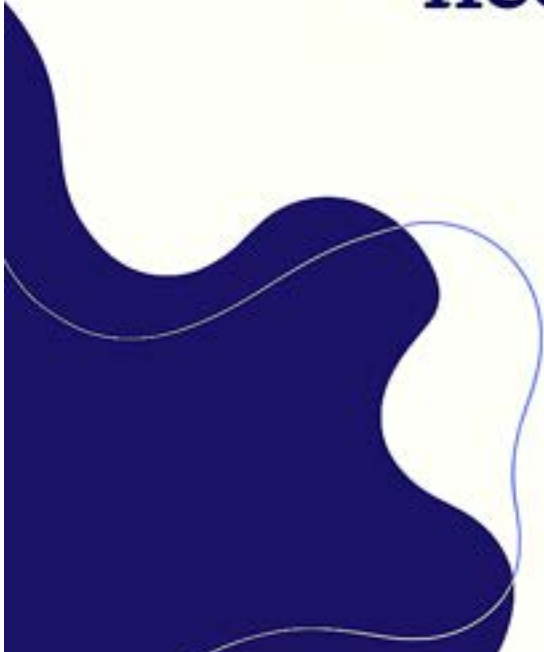




I honour the
pace and rhythm
that works
for me.



**I thrive when
I embrace
my authentic
needs.**





**I am creative,
capable,
and resilient.**





I am not broken.
I am
beautifully
whole.





**My pleasure
and comfort
matter.**



**Sexuality is a
natural and
empowering
part of me.**





**I am deserving
of safe, joyful,
and affirming
intimacy.**





Knowledge about
my body is power,
and I claim that
power.

