



Day 2: Affirming Who You Are

Welcome to Day 2 of the "Be True To You" 5 Day Challenge to Igniting Healthy Self-Esteem. Yesterday, we talked about recognizing your strengths.

Today I want to affirm who you are and remind you that you already have everything inside of you to win!

Reflection: Most people have a picture in their heads of who they think they *should* be. I should be smarter, better looking, funnier, a better parent, nicer, more loving, or more easy-going. Most of these thoughts were implanted at an early age by parents, teachers, and even friends.

This negative thinking has to stop today. It is time to affirm and accept *who you are* and who you were created to be.

Heath L. Buckmaster said: "Often, it's not about becoming a new person, but becoming the person you were meant to be, and already are, but don't know how to be."

Dalai Lama XIV said: "We can never obtain peace in the outer world until we make peace with ourselves."

It's time to make peace with yourself.

Action: Today, take 10 minutes to repeat these affirmations out loud until you start to believe them and take action.

- I have everything I need within myself.
- I have much to celebrate about myself and my life.
- I choose to stop apologizing for being me.
- I love the person that I am.
- I accept myself unconditionally.
- The only approval I'll ever need is mine.

The more you affirm and accept yourself, the healthier your self-esteem will be.

Okay, remember to spend 10 minutes on the affirmations! No cutting out early!

Before we dive in tonight, share one affirmation you're taking into action to goal smash in our private [Facebook](#) group.

Day 3 it's going down! We're going to be diving into the amazingly helpful topic of eliminating negative self-talk, one of my favorites.

Your Purpose Pusher
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