



I think in
abundance, not
scarcity.

My black is radiantly
beautiful.

My hair texture is
beautiful and
unique.



I am filled with
positive energy and
I am evolving with
purpose everyday.

Self Care

MORNING AFFIRMATIONS FOR BLACK WOMEN

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Today is a new day
to begin again.

I am committed to
all possibilities that
lead to a greater
purpose.



I attract happiness
and joy into my life.

Today I choose me.



I know I am smart
and capable..

I realize I am more
than my
circumstances.

I love the skin I am
in.



I have the
knowledge and
ability to achieve
everything I want.

Self Care

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I will speak positive
words and think
positive thoughts no
matter the situation.

I attract success.



Everything I want is
everything I should
have.

Today will be a
productive day.



I will be the best
version of myself I
can be.

I manifest the great
day I want to have.

I know how to make
great decisions.



I choose to do great
things.

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Today I will be full of
awesome ideas.

I will achieve all of
my goals for the
day.



Today I will have a
kind heart.

I embrace getting
out of my comfort
zone to explore all
the future has to
offer.



My body has done,
and will continue to
do amazing things.
It is beautiful.

I will enjoy each
second of every
moment.

I will be the change I
wish to see.



I am resilient.

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I choose my path to
happiness.

I understand
everyone else's
problems are not
mine.



I am a beautiful black
woman who deserves
love, respect, and
kindness.

I will spend
dedicated time
pouring into myself.



I am comfortable saying "No." as a complete sentence.

Today I will make a positive change by doing something I have never done.

I will show gratitude in all of my relationships.



I am created by a higher power and I know the woman I am.

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I am filled with confidence.

I will approach all challenges with gratefulness, confidence, and zest.



I will not apologize for being myself.

I am comfortable in setting boundaries and sticking with them.



I respect everyone's journey.

I am a loving and caring friend.

I am grateful for every experience.



I appreciate all of my relationships.

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I will be open to opportunities.

I control my success.



I will make decisions for my happiness.

I am thankful to see another day.



I am healthy and strong.

My future is bright.

I have a beautiful day ahead of me.



Today I will do something great.

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I will not settle for less than the best from myself or others.

I know I can be successful and still root for my peers.



I am surrounded by positivity.

I am all that I need to be.