

Self-care Affirmations



**Am I good enough?
Yes, I am.**

–Michelle Obama, Former First Lady of the United States of America

**I am the greatest. I said that even before I
knew I was.**

–Muhammad Ali, American boxing champion

**Nothing can dim the light that
shines from within.**

–Maya Angelou, author and poet



**Your life is already a miracle of chance
waiting for you to shape its destiny.**

–Toni Morrison, author



**The only courage you ever need is
the courage to fulfill the dreams
of your own life.**

*–Oprah Winfrey, talk show host, television producer, actress,
author, and philanthropist*