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

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