

PILLARS OF PERSONHOOD'S  
10 COACHING

# Affirmations

Forget all the things you shouldn't do.

**AFFIRM THE AMAZING YOU THAT YOU ARE**

I embrace my highest self, taking time to find my true face and proudly display it.



I am grounded in respect for myself, doing the work to understand what that means to me.



I generously spend time—my greatest non-renewable asset—on the renewing of myself.



I honor the rich soil of my ancestry, understanding it is my turn to plant seeds for the future.



I delight in the unexpected joys of life.



I live into the values that reflect my authentic self.



I am enough and I am worthy because I exist.



I embrace Truth and revel in the power of truth telling.



I invite my Inner Wisdom to speak and be heard on all matters, big and small.



I am grateful and gracious to my Inner Critic, taking its warnings seriously  
and with a grain of salt.

