

## Affirmations for the Solar Plexus

I deeply love and approve of who I am.

I am worthy of my own-self-love.

I love and respect myself at all times.

I trust in love.

I trust my worthiness.

I am worth my weight in gold.

There are no failures. I learn from everything I do.

I believe that everything is for my highest good and greatest joy.

I love life. Exactly the way it is.

I listen to and trust my deepest insights.

I am worthy of the very best in life.

I release judgment and let my life flow.