

MISS THOMAS



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Affirmations

for Becoming Her



10 DAILY AFFIRMATIONS
TO BUILD SELF-WORTH,
CONFIDENCE & A LIFE
YOU TRULY LOVE.



SELF-WORTH



HEALING



BOUNDARIES



GROWTH



PURPOSE

♡
BECAUSE
YOU DESERVE
THE LIFE YOU'VE
BEEN PRAYING
FOR.
♡

*You're
becoming her.*

MISS THOMAS
Becoming Her



MISS THOMAS



I no longer
abandon myself
*to keep other people
comfortable.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS
Becoming Her

MISS THOMAS



I am allowed
to outgrow
*the version of me
that only knew
how to survive.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS

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My standards
are a reflection
of my self-worth,
*not something I need
to apologise for.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS

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I can be soft
without accepting
*less than
I deserve.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS
Becoming Her

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I trust myself
to create a life
*that feels
good to live.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS

Becoming Her

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I choose
boundaries that
*protect my peace
and my progress.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS

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My worth
was never
in question.

*I just forgot
to remind myself.*

I CHOOSE ME.

MY PEACE.

MY HAPPINESS.

MY FUTURE.



*You're
becoming her.*

MISS THOMAS

Becoming Her

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I release what
no longer aligns
and make space
*for what is
meant for me.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS
Becoming Her

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I give myself
permission to
start over and
*build the life
I truly desire.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS
Becoming Her

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I am creating
a life rooted in
peace, purpose
*and everything
that lights me up.*

I CHOOSE ME.
MY PEACE.
MY HAPPINESS.
MY FUTURE.



*You're
becoming her.*

MISS THOMAS
Becoming Her