



# Self-Esteem

**Louise L. Hay**

**A 12-Card Deck**

*Dear Friends,*

I've written these cards as a way to help you create self-esteem in your life! "It doesn't matter what other people say or do. What matters is how I choose to react and what I choose to believe about myself." This is the most powerful affirmation you can ever say. And it's just one of many in this card deck designed to assist you in knowing that you're perfect, whole, and complete—right here, right now.

Our thoughts create our future. When we think we're not good enough, we give away our power. Be willing to see life in a new and different way by beginning each day with a positive affirmation.

Choose a card each morning, and it will be your life-affirming message for the day!

— LOUISE L. HAY





I am totally adequate  
for all situations.



I choose

to feel good about  
myself. I am worthy of  
my own love.



I stand on my  
own two feet. I accept and  
use my own power.



It is safe

for me to speak up  
for myself.



**I**t does not matter what other people say or do. What matters is how I choose to react and what I choose to believe about myself.



I take

a deep breath and  
allow myself to relax.

My whole body  
calms down.





**I am** loved and  
accepted exactly as I am,  
right here and right now.



I see

the world through eyes  
of love and acceptance.  
All is well in my world.



My self-esteem is high  
because I honor who I am.



I willingly  
release any need for  
struggle or suffering. I  
deserve all that is good.



My life gets more  
fabulous every day. I look  
forward to what each new  
hour brings.



I am

a radiant being,  
enjoying life to  
the fullest.



I am neither too little  
nor too much, and I do not  
have to prove myself to anyone.



# Today,

no person, place, or thing  
can irritate or annoy me.

I choose to be at peace.





**For** every problem that I may create, I am confident that I can find a solution.



# Life

supports me in every  
possible way.



My consciousness is filled with healthy, positive, loving thoughts that reflect themselves in my experience.



I move

through life knowing  
that I am safe—  
Divinely protected  
and guided.



I accept others  
as they are; and they, in turn,  
accept me.



I am

wonderful, and I feel  
great. I am grateful  
for my life.



**This** is the only time  
I get to live today. I choose  
to enjoy it.



# I have

the self-esteem, power,  
and confidence to move  
forward in life with ease.





The greatest gift  
I can give myself is  
unconditional love.



I love

myself exactly as I am.

I no longer wait to be  
perfect in order to  
love myself.



LOUISE L. HAY is a metaphysical lecturer and teacher and the bestselling author of 27 books, including *You Can Heal Your Life* and *Empowering Women*. Her works have been translated into 25 different languages in 33 countries throughout the world. Since beginning her career as a Science of Mind minister in

1981, Louise has assisted thousands of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., a publishing company that disseminates books, audios, and videos that contribute to the healing of the planet.

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LOUISE L. HAY, the internationally renowned author of *You Can Heal Your Life*, brings you 12 affirmation cards that will help you build and maintain self-esteem. Post these cards in your home, workplace, car . . . or give them to friends and family. They're sure to give you an enhanced sense of joy, power, and contentment!

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