

CALLING MY POWER BACK

A daily affirmation | Read aloud slowly. Pause and breathe between lines.

I call my power back to me.

From every place where I abandoned myself to be accepted. From every situation where I silenced my voice, ignored my needs, or gave more than I had to give.

I release what is not mine to carry. I release fear, guilt, shame, and the need to prove my worth.

I reclaim my peace. I reclaim my voice. I reclaim my confidence, my joy, my boundaries, and my right to begin again.

My energy belongs to me. My choices belong to me. My future is not defined by what I have endured.

I forgive myself for the times I did not know better. I honour the person who survived, and I welcome the person I am becoming.

I choose what nourishes my mind, strengthens my body, and brings peace to my soul.

I am present. I am grounded. I am whole. I am free to move forward.

Today, I return to myself—with love, wisdom, and courage.

My power is within me. I call it back, and I choose myself.

lareisiempre.com

— LA'REI SIEMPRE ∞