

A FREE GIFT FROM THE PRETTY TRUTH

# Kind Words *For Yourself*

*Affirmations for the woman learning to tell herself the truth.*

Let's talk about something that should be simple... but somehow feels awkward.

Saying something kind about yourself out loud.

Not as a performance. Not because you suddenly think you are better than everyone. Just because the good things about you are allowed to be true, too.

This little affirmation sheet is a place to practice. Start with the words that feel believable. Let the awkwardness be there. Awkward is not danger. Sometimes it is just what new honesty feels like.

## HOW TO USE THIS

- **Pick three affirmations.** Choose the ones your body does not immediately argue with.
- **Say them out loud once.** The mirror is optional. The honesty is not.
- **Write your own.** Let it sound like you, not like a poster in a waiting room.

## THE PRETTY TRUTH

*"You are not arrogant for noticing what is good about you. You are allowed to tell the truth."*

## Choose the words that feel *honest*.

You do not have to believe every line today. Start with the one that feels like a door cracked open.

*I am allowed to like who I am.*

*I can be honest about the mess and honest about the magic.*

*I am stronger than I give myself credit for.*

*I do not have to shrink my goodness to make people comfortable.*

*I am learning to speak to myself with respect.*

*I can be a work in progress and still be worthy of kindness.*

*I am not hard to compliment. I am just practicing how to receive it.*

*I have survived things that deserve to be honored.*

*I am allowed to be proud of myself without explaining why.*

*I do not have to turn every good thing into a joke.*

*I can trust the part of me that knows I am more than my worst day.*

*I am coming back to myself, one honest sentence at a time.*

### THE PRETTY TRUTH

*“Self-kindness may feel unnatural at first. That does not mean it is fake. It means it is new.”*

# Make it less weird.

*You do not need a speech. You need one true sentence you stop talking yourself out of.*

## IN THE MIRROR

Look at yourself for five seconds and say one good thing without adding a disclaimer.

## IN THE CAR

Say the affirmation out loud where nobody needs to clap, correct, or witness it.

## ON PAPER

Write it three times. Let your hand build the evidence your mind keeps arguing with.

## Three good things I am allowed to say about myself are...

*Keep them simple. Kind. Loyal. Funny. Brave. Steady. Soft. Honest. Still here.*

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## The affirmation I want to practice this week is...

*Choose one you can almost believe. That is enough for today.*

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## Your tiny action step

Before the day ends, say one kind sentence about yourself out loud. If it feels awkward, let it. Then say it again tomorrow.

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## THE PRETTY TRUTH

*"You are allowed to be funny and still be kind to yourself. One does not cancel out the other."*

WHEN YOU'RE READY FOR MORE

## Keep coming back to yourself.

The Pretty Truth is here for the woman who is tired of shrinking, apologizing, and turning every good thing about herself into a punchline.

[theprettytruth.com](http://theprettytruth.com)