



I love myself exactly as I am.



Period Power Affirmations

My period is a symbol of
my power.

Every day
my gifts become
more evident,
potent, and valuable.

My intuition is
my guide and
I listen to
what it tells me.

My body has its own natural
rhythms, like the phases of the
moon, the tides of the ocean,
and the cycles of the seasons.



Period Power Affirmations

Red Diamond Sisters Period Power Affirmations help you appreciate your body, gifts, and many magical aspects about yourself.

An affirmation is a positive statement you say to yourself to increase your confidence, self-love and belief in yourself. The remarkable thing about an affirmation is that, even if you don't think it's true, saying it helps you believe it!

Affirmations may be said out loud or silently to yourself. You may start a daily practice of saying one or more in the morning, or before a particular event, such as taking a test, or meeting someone new.

You may decide to cut out the affirmations and place them on your mirror, your desk, in your underwear drawer, or use as a book mark . . . anywhere to remind you of how amazing you are!

Read them aloud, sing them, memorize your favorites, and even make up your own! There is no limit to the ways to use affirmations.

Practice them every day and watch your confidence and personal power grow!



Period Power Affirmations

**My body is in tune with nature.
My body IS nature.**

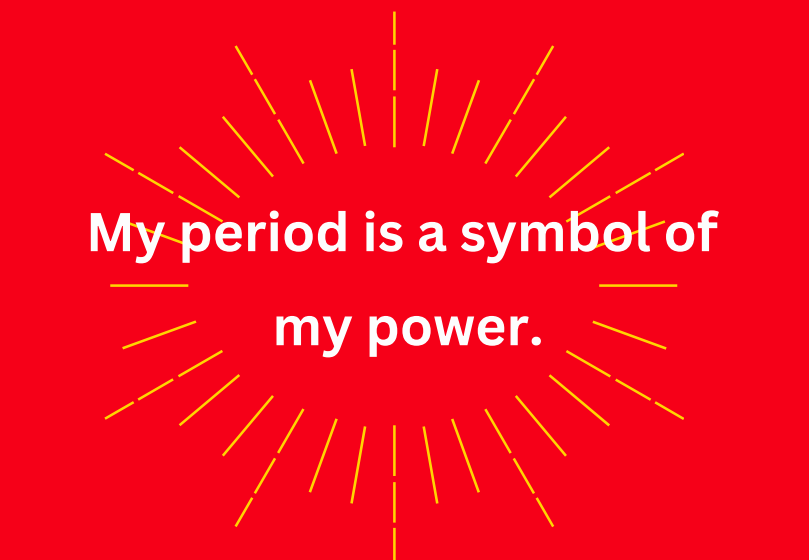
**My period represents the
mysteries of my body.
I am magnificent and magical!**



**I belong to a sisterhood of millions of
women who have their periods every
day along with me! I am not alone.**



**My period is a symbol of
my power.**



**Every day
my gifts become
more evident,
potent, and valuable.**



**My intuition is
my guide and
I listen to
what it tells me.**



**My body has its own natural
rhythms, like the phases of the
moon, the tides of the ocean,
and the cycles of the seasons.**



Period Power Affirmations

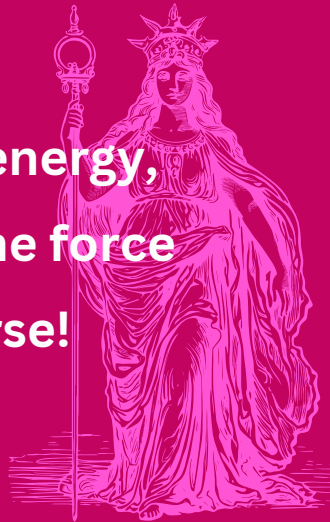
My beauty comes from the inside.
When I feel joyful I look beautiful.



The red of my blood is
the color of
rare gems and royalty!



I possess Shakti energy,
the divine feminine force
of the Universe!



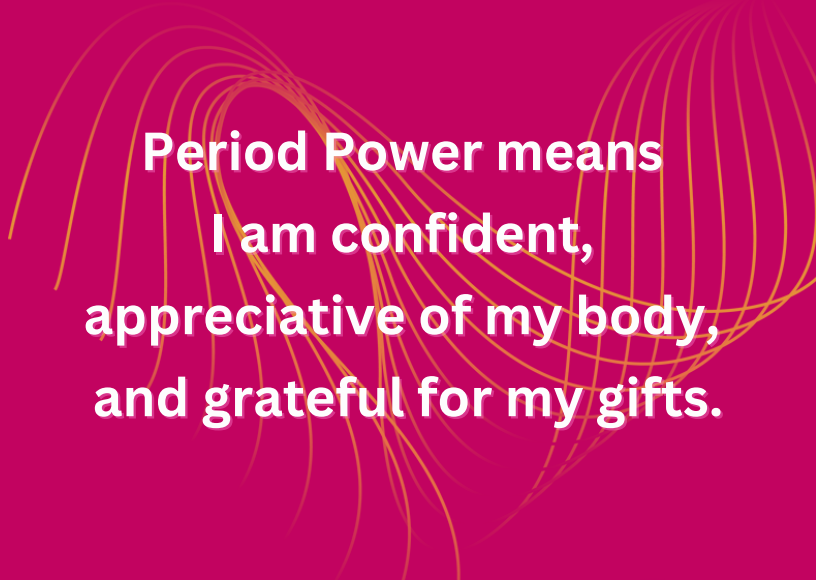
I honor the mysteries
of my body.



I love my body
exactly as it is!



Period Power means
I am confident,
appreciative of my body,
and grateful for my gifts.

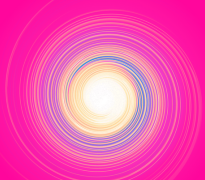


I celebrate my body's transformations!

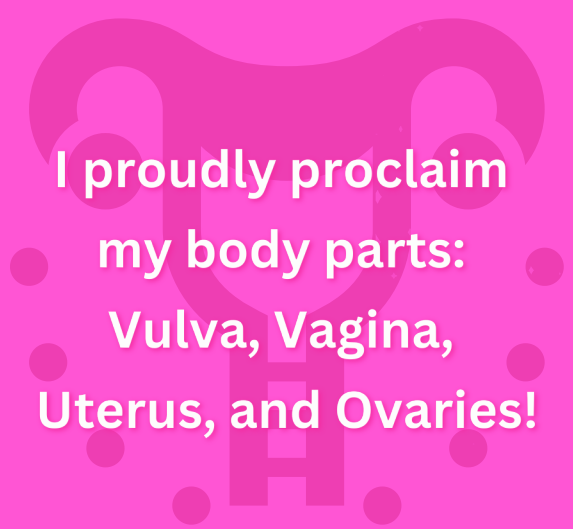




Period Power Affirmations



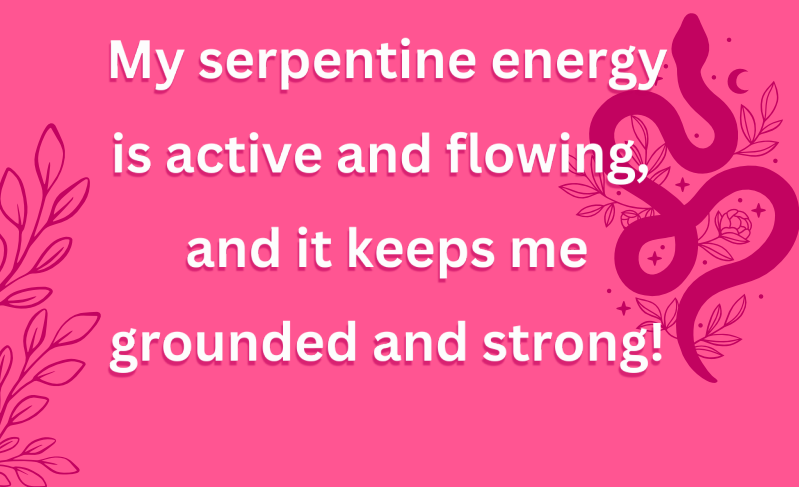
My dreams energize my future!



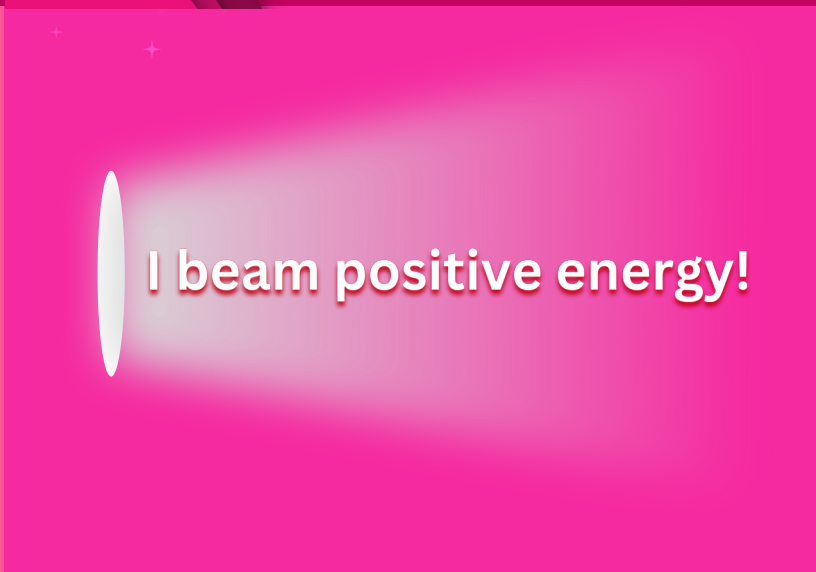
I proudly proclaim
my body parts:
Vulva, Vagina,
Uterus, and Ovaries!



I honor my
body and blood
for they
represent my power!



My serpentine energy
is active and flowing,
and it keeps me
grounded and strong!



I beam positive energy!



My smile is my
greatest beauty asset.



I'm grateful for
the sisterhood
that surrounds
and supports me.