

# I Deserve Peace

## 7 Healing Affirmations for Emotional Reset

Dear Beautiful Soul,

Life can be overwhelming, especially when love, loss, and transitions drain your energy. These affirmations were created with divine intention to help you reclaim your power, release past pain, and restore your emotional clarity.

Speak them aloud each morning or before bed. Feel them. Write them. Let them guide your healing.

With love,

Ronda Foster

Relationship Coach | Spiritual Guide | Iyanifa Ifakemi

**I release the pain that no longer belongs to me.**

Let go of emotional burdens others placed on you. It's not yours to carry anymore.

**My soul is safe, my mind is clear, and my heart is whole.**

You are allowed to be fully restored, no matter what broke you.

**I attract only relationships that honor my spirit and uplift my truth.**

No more begging for love. Only alignment.

**I forgive myself for accepting less than I deserved. I know better now.**

Guilt is not your destiny. Growth is.

**Peace lives in my body, joy lives in my voice, clarity lives in my choices.**

You are a temple of restoration.

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**I call my energy back from every person, place, and pattern that drained me.**

Your power is returning home.

**I am divinely protected, guided by ancestors, and held in sacred love.**

You are never alone - the unseen world is with you.

Print these, save them, whisper them.

When you feel lost, come back to these words.

Peace is your birthright - and today, it begins again.