

I LOVE MYSELF UNCONDITIONALLY AND ACCEPT MYSELF AS I AM.

Even though I sometimes make mistakes, I am a great person. I love myself unconditionally and accept myself as I am. I make an effort to treat myself with kindness and respect. I deserve it.

I have qualities and talents that make me unique and special – unlike anyone else in the world. I have value.

I deserve to be loved. I love myself and am loved by others. I realize that being perfect is a fantasy. I am good enough as I am to be loved and accepted.

I recognize my strengths and talents and forgive myself for my past mistakes. I acknowledge that I am worthy and deserve all the good things in life. I am wonderful.

I honor my best parts and freely share them with the world.

I allow myself to shine.

I am accepting of others as well as myself. It is only through acceptance that my potential can be fully realized.

I am my own best cheerleader. ***I welcome the support of others, but I have enough support even when standing alone.*** I am an awesome person and worthy of great things.

I accept all my faults and shortcomings. I am worthwhile.

Today, I give myself permission to be greater than my insecurities. I love myself totally and completely. I accept myself just the way I am. I am a fine person and deserve a good life.

SELF-REFLECTION QUESTIONS:

1. What are some things I love about myself?
2. Do I fully accept myself?
3. How can I better love and accept myself?