

# I LOVE MYSELF AS I AM.

I know that I am worthy of happiness and love. I appreciate myself and protect my wellbeing. I love myself for who I am right now. ***I celebrate my authenticity.*** I embrace my thoughts and feelings. I listen to what is going on in my heart and mind. I remember that my emotions are real, but I can decide how to manage them.

I understand my strengths and weaknesses. I use my gifts to contribute to society. I give myself credit for making an effort.

***I treat myself with compassion and respect.*** I forgive myself when I make a mistake, and encourage myself when I am struggling. I make choices that align with my values and beliefs.

I take care of myself physically and emotionally. I give my body nutritious food, regular exercise, and adequate rest. I take pleasure in being strong and fit. I sharpen my mind by taking on ambitious projects at home and work that help me to learn and grow.

I clarify my purpose. I focus on what matters to me rather than comparing myself to others.

Loving myself prepares me to love those around me. My heart is full of joy and affection that I can share with my family and friends. ***I surround myself with support.*** My positive attitude attracts others and helps me to build strong relationships.

Today, I practice self-acceptance. Loving myself gives me the strength and confidence I need to feel content and reach my goals.

## **SELF-REFLECTION QUESTIONS:**

1. How do my actions express my self-love?
2. How do I define being good to myself?
3. What is the relationship between accepting myself and challenging myself to grow?