

I LOVE MYSELF BECAUSE I AM WORTHY OF LOVE.

I respect myself and the journey that I have taken to bring me to this day. I am free of my past and of any shame or guilt.

I love others and I deserve to be loved and respected in turn.

I am kind to others and to myself. I treat myself and others with compassion and patience. Each day I take time to build my spirit and renew my strength.

I feel calm and peaceful as the power of all of the love in the universe wraps its arms around me and heals me.

My heart and spirit are strong as I spend time each day doing things that bring me joy and peace. My love is without boundaries as I love everyone that I encounter unconditionally.

The more that I love others, the more love returns to me and feeds my spirit.

I love passionately and deeply and others love me passionately and deeply in return. My capacity for love grows each day.

Today, I thank my Creator for loving me and giving me life. I love myself just as I am. My heart overflows with love.

SELF-REFLECTION QUESTIONS:

1. What steps can I take to love others without preconditions?
2. Who are some of the people that help me love myself?
3. How can I show more love to others?