

# I love being me

## **I love being me.**

I appreciate myself and my abilities.

I treat myself with compassion. I speak kindly to myself. I validate my emotions and advocate for my needs. I forgive past errors and let go of judgements. I focus on harmony and healing.

I pursue challenges that help me to learn and grow. I set goals that excite and inspire me. **I devote my time and energy to meaningful activities.**

I protect my mental and physical wellbeing. I set reasonable boundaries. I practice self-care. I adopt healthy habits, like eating a balanced diet and exercising regularly. **I take time for myself each day.**

I am comfortable with my body. I give myself compliments. I wear clothes that fit me and make me feel attractive. I am thankful for my mobility and strength.

I surround myself with family and friends who care about me. I develop mutually supportive relationships. I give generously and ask for help when I need it.

I make intentional choices. My life has purpose and direction.

**I have fun.** I spend time each day doing things that I enjoy. I go for a hike with my family and try new restaurants with my friends. I make art and work on my hobbies. I laugh and play.

Today, I make myself a priority. I remember that I deserve love and affection. **I am beautiful inside and out.** I feel happy and hopeful. I have the courage to be authentic.

## **Self-Reflection Questions:**

1. What is one experience that changed the way I look at myself?
2. How does loving myself help me to love others?
3. What are 3 words that I would use to describe myself?