

I accept and embrace my flaws

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I am becoming much less judgmental of myself.

I have become very accepting of my flaws.

It feels so wonderful. It feels like a huge weight has left my shoulders.

It feels incredible to hold back from judging myself harshly. I am free from condemning myself. I resist the need to feel pressure to try to change myself.

I am learning to appreciate myself more fully and love myself unconditionally. **I love every part of my character and personality.**

I am beginning to understand that it is okay to fail. I am okay when I fail. I learn from my mistakes.

I trust my intuition and stop trying to control things. I let go of the need to control everything and allow my heart to guide my actions.

I am finding freedom. I am allowing myself to live freely instead of trying to control

everything. This is a tremendous gift. I feel grateful for this freedom.

I start each day with gratitude and begin with appreciation and lovingness. I choose to be happy, peaceful, and joyful.

Today, I accept my flaws and focus on living a happy and fulfilling life. **I resist the tendency to focus on the negative parts of my life.** Instead, I focus on the positive aspects.

Self-Reflection Questions:

1. Have I ever thought that I am too imperfect to succeed? How did I deal with such thoughts?
2. What can I do to prevent or change these thoughts?
3. How can I embrace my flaws?