

I am all that I need

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I acknowledge the power that I have within me.

I appreciate my body for all it has done, all it is capable of, and all it does every moment.

I recognize that I am enough. **All that I need lies within me.**

I know that I am enough, just as I am right at this moment. I know that I can achieve anything I set my mind to, simply by being myself.

My voice matters. I am excited to use my voice to empower others, to elevate those who need my help, and to make real change in the world.

I can make a difference.

I am powerful. I have all that I need within me, and the power to enact change exists within my body and my soul.

Although I let go of a need for external validation from others, I also recognize the support and guidance I have all around me. I

appreciate all those who are excited to see me succeed.

I choose to surround myself with positive, empowering, and like-minded people, who lift me to my highest potential and encourage me to be my best self.

I am happy with myself. I recognize that I can do without recognition, praise, or acknowledgments. I am fine as I am.

Today, I accept myself completely. I am all that I need to be happy, and I recognize my own inner peace and power.

Self-Reflection Questions:

1. Is there anything I want to change about myself? Where does this come from?
2. Will I be happy if I make the change, or will it please others instead?
3. How have I demonstrated my power and strength today?