

I love who I am

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I understand and appreciate myself.

I believe in myself and my abilities. I build up my confidence. When I speak to myself, I choose words that are gentle and encouraging. I spend time with friends and family who I can count on for support.

I increase my self-awareness. I look at myself objectively. I explore my thoughts and feelings.

I celebrate my strengths. I am grateful for my body and mind. I choose a career that helps me to develop my talents and skills. I give myself credit for being a responsible parent and a devoted spouse.

I take care of my mental, physical, and spiritual wellbeing. I invest in myself. I eat a nutritious diet and exercise regularly. I deal with stress constructively and aim for 8 hours of sleep each night.

I advocate for my needs. I ask for help when I am struggling. I maintain reasonable boundaries and stand up for my principles.

I set realistic and compelling goals. I wake up each morning eager to tackle new challenges. I continue to learn and grow.

I forgive myself when I fall short of expectations. I focus on progress rather than perfection. I learn from experience. I am a success as long as I keep trying.

Today, I am happy with what I see in the mirror. I make my relationship with myself a top priority. I treat myself with love and compassion.

Self-Reflection Questions:

1. How do my daily habits reflect how I feel about myself?
2. How does comparing myself to others affect my self-image?
3. What is one kind thing I can do for myself today?