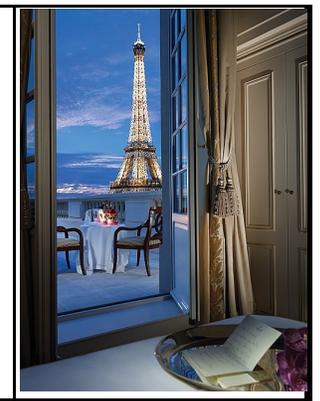




1 I completely and totally love myself exactly as I am right now. I don't have to be PERFECT to appreciate my goodness. I am a human being in process. I am learning, growing and becoming better every day and I am right on track! I greet each situation with strength and love.



2 The opinions of others don't affect my value. My value is set by God. I no longer worry about what I look like or if my performance is good enough. It is what it is and it is what it was meant to be. If my performance is not great, there is a reason for it. Mistakes or poor performance don't determine my value.

3 I focus on lifting and edifying people. I am sincere and genuine in my love for them. I win others over with my love. Others can feel that I am for real. I choose love and trust my life. I see all men and women, including myself, with compassion.

4 I do not compare myself to others. It does not make sense to compare myself to people who are intrinsically and extrinsically different in every way. Each of us is on a unique journey with a unique lesson to learn. There is no sense in comparison. I will make a rule against all judgments and comparisons in my own mind.

5 It is not conceited to appreciate my own success. I celebrate my WINS, big or small, every day. I pat myself on the back often and love how awesome I am becoming. It would be conceited to think I am better than someone else but this is not my truth. I also celebrate the successes of others thereby giving them permission to do the same.

6 My ego will take over on occasion and I will mess things up. My carnal nature will encourage behavior that is beneath me. When this happens I will forgive myself quickly and change my mind-set back to love. I look for the good in people and have compassion for the ego in each. I see and understand the battle they fight.

7 I carefully inspect everything I put into my body. I choose foods that nurture my body with health and vitality. I am becoming strong and loving as I choose to take care of myself. My confidence inspires others and encourages them to take better care of themselves.

8 It is not selfish to do things for myself. It is right that I should love myself and others. I take time out for things that nourish, relax me or that I think is FUN! It is important that I do this. I must fill up my tank so it runs over onto others in a positive way

9 I treat myself well so that others will too. People will always treat me the way I treat myself. I do not conform or make myself small in order to earn approval from others. If I conform, I betray myself and God. I choose to respect myself so that others will respect me. I honor my truth and stand strong in it's defense.

10 I never let my ego look down on another to make myself feel better. Instead, I create WIN/WINS. I encourage them with my success in all areas of my life. I have made plenty of mistakes in my life and I show grace to others that make mistakes. I remind myself and them that God can take our mess and make it our message!

11 I choose to trust myself in everything I do. I am doing the best I can, with what I currently understand and that is always good enough. Everything happens as it is supposed to. I will no longer allow my inner critic to compare me with other people. Guilt does not come from God and I will not spend time here.

12 There is so much ABUNDANCE in this world. All that I send into the lives of others will come back into my own 10 fold. Only good things happen to me and to those I love. I am forgiven and I will forgive others. I will love others unconditionally as God has loved me. I will see the good in others.

13 I choose to replace negative thoughts with positive. I choose to replace criticism with compassion. I choose to replace drama with accuracy. I wouldn't drink poison and so I don't participate or spread gossip. I will carefully guard my heart.

14 I love who I am meant to be. I love who I am becoming. I love who I am right now and have patience in the growth journey. I love the process of life to get there.

15 I only expose my mind to positive influences. I choose books and movies that enrich my life. I surround myself with things that assist in my process of becoming the best me. I surround myself with people of EXCELLENCE.

16 I love the unique gifts and talents that make me who I am. There is no one in the world like me. There is no one who can make the unique contributions to the world that I can make. I am important. I matter.

17 God has a HUGE purpose for my life. I am here to do great things and to bless the lives of others. I embrace this truth and look for opportunities to do so daily.

18 I can accomplish much more than I think. With God's help there is nothing I can't do. He has given me the unique abilities to take on whatever challenges come before me. Bring them on!  
**I'M READY!!!**

19 I love myself. I take time to nurture my body and soul. I exercise daily and eat healthy foods that fuel my body, and keep me energized. I look and feel great! I have no problem picking out something to wear because everything in my closet fits PERFECT! If it doesn't, I donate it!

20 I forgive others for the sometimes unkind things that they say. It's unintentional. Hurting people hurt people and it's never what the surface appears to be. It's something bothering them on a deeper level. I will care enough to ask questions to discover what the true issue really is. If it involves me, I will not take it personally.

21 I genuinely care about others and am interested in hearing about what matters to them most. I ask questions out of genuine curiosity with no judgement. I love others where they are and I also get to choose who I spend my time with and allow to influence me. I positively affect everyone I meet and don't allow them to negatively "infect" me.