



I love and accept myself unconditionally.

I feel great about myself.

I radiate love and respect and in return I get love and respect.

I am a well loved and well respected person.

I am a unique and a very special person and worthy of respect from others.

I accept others as they are and they in turn accept me as I am.

All is well in my world and I trade love and acceptance with the world.

I have high self esteem as I respect myself.

I deserve all that is good. I release any need for misery and suffering.

I release the need to prove myself to anyone as I am my own self and I love it that way.

I am fully aware that any problem that comes up in life is solvable.

My mind is filled only with loving, healthy, positive and prosperous thoughts which ultimately are converted into my life experiences.

My mind is full of gratitude for my lovely and wonderful life.

I consciously release the past and live only in the present. That way I get to enjoy and experience life to the full.