

Own It. A Prayer for Self Care.

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For the times I totally mess up, get it wrong, or miss the mark,
אני לוקח/ת אחריות.
Ani lo-kach/at ach-rayut. I take responsibility.

For the moments I feel that I don't belong in my own skin,
אני נברא/ה בצלם אלוהים.
Ani nivra/a b'tzelem Elohim. I am created in the image of God.

For the days I feel broken, and wonder how the pieces will ever fit back together,
אני שלם/ה.
Ani shalem/shlemah. I am whole.

For the nights I look up at the stars and question my own place in the universe,
אני שייכ/ת.
Ani shayach/sha-yechet. I belong.

For the moments of self-doubt, self-deprecation, or self-harm,
אני ראוי/ה.
Ani reuy/ah. I am worthy.

For the roles and titles I have inherited and chosen,
אני צריכ/ה.
Ani tzrich/a. I am needed.

For all of my accomplishments and times I paved the way for others,
אני עשיתי את זה.
Ani asi-ti et zeh. I did this.

For the people I have chosen to surround myself with,
אני מבורכ/ת.
Ani m'vorach/at. I am blessed.

For all of the goodness and all of the blessings,
אני ראוי/ה לזה.
Ani reuy/ah l'zeh. I deserve this.

For all I am – for all that I have ever been, for who I am in this moment, and who I strive to be,
קבלה עצמית.
Kabalah atzmit. I own it.

Amen.