

# I am loved for who I am

## **I am loved for who I am.**

There are few things more meaningful than being accepted as my true self. I am loved for who I am and that empowers me.

My first source of love is my reflection.

**When I look at myself, I speak powerful words of self-acceptance with sincerity.** I say them loud and repeat them with great meaning. The message of self-love is loud and clear.

Loving myself inside and out gives me the confidence to share myself with others. It is the solution to stepping out while leaving doubts behind.

Having people in my life who love me unconditionally shows me the value of inclusion. Their support keeps me confident in my beliefs and the path that I am on.

**Their love inspires me to be empathetic to the plight of others.**

My community teaches me to have a voice. My circle of friends surrounds me with encouragement. Their example becomes my example for others.

When I pray, I give thanks for the courage to project my authentic self to the world. Those prayers lead me to people whose souls connect with mine. Their presence proves that there is a place in this world for me.

Today, the physical frame that I am blessed with houses a beautiful soul worthy of love. Each day is an opportunity to remind myself of that. I look in the mirror and smile at what I see because my reflection is pure and true.

## **Self-Reflection Questions:**

1. What are some of the things that I love most about myself?
2. How do I project self-love in a way that can encourage others?
3. How do I dispel any thoughts of negativity that enter my mind?