

I AM DESERVING OF LOVE, AND I RECEIVE IT ABUNDANTLY

I am surrounded by loving and supportive people who cherish me for who I am. Even when I make mistakes or fall short of expectations, I know that I am still worthy of love and acceptance.

My family and friends show me love in many ways. They offer kind words, hugs, and acts of kindness that make my life brighter. I appreciate their love and feel grateful for their presence in my life.

I also recognize that self-love is crucial to receiving love from others. I treat myself with kindness and respect, and I acknowledge my strengths and accomplishments. As I love myself more fully, I am better able to receive and appreciate the love that others offer me.

I trust that love is abundant in the universe and open to receiving it in all its forms. I allow myself to be vulnerable and authentic, knowing that this creates deeper connections with others and more opportunities for love to flow into my life.

Today and every day, I remind myself that I am deserving of love and I welcome it into my life with open arms.

REFLECTION QUESTIONS

1

How can I show more love to myself?

2

Am I open to receiving love in all its forms?

3

What beliefs or habits might be blocking me from fully accepting and embracing love in my life?