

## I BELIEVE THAT I AM WORTHY OF LOVE AND CARE

I believe that I am worthy of love and care, so I make it a priority to treat myself with kindness and compassion.

Self-gifting is an important aspect of self-love, allowing me to acknowledge my worth and value. I understand that how I treat myself sets an example for how others should treat me, so I consciously prioritize my own well-being.

When I feel tired or overwhelmed, I take the time to engage in activities that help me relax and recharge. Whether it's taking a relaxing bath, reading a good book, or enjoying a favorite hobby, I know that taking care of myself is essential for my overall health and happiness.

I also recognize the importance of celebrating my big and small accomplishments. When I achieve a personal or professional goal, I take the time to acknowledge my hard work and reflect on my achievements. This helps me to stay motivated and inspired to continue growing and improving.

Ultimately, treating myself with kindness and compassion is an act of self-acceptance and self-love. I can live a more fulfilling and joyful life by prioritizing my own needs and well-being.

## REFLECTION QUESTIONS

**1**

How can I prioritize self-care and self-gifting in my daily routine?

**2**

How can I celebrate my accomplishments in a meaningful way?

**3**

In what ways can I continue to cultivate a mindset of self-love and self-acceptance?