

# I am loved exactly as I am

## **I am loved exactly as I am.**

I am happy to be so loved. I am enough, and I truly believe that I have always been enough. I feel confident in sharing my true self with the world. I can love and be loved for who I truly am.

## **I know that I can just be me and receive all the love I want and need.**

I reject the idea that I need to be perfect. Perfection is a myth I avoid. I am loved in spite of my lack of perfection.

**In fact, my lack of perfection is part of the reason why others love me so much.** My imperfections are attractive to many people. They make me human and lovable.

I am a unique person, and I am courageous enough to show my uniqueness to the world.

My friends and family make me feel loved.

I choose my friends carefully. **I choose to be with people that love me and make me feel loved.** I have the right to choose who is part of my life and who I reject. I love

myself, so I ensure that I am surrounded by people that love me.

Today, I am feeling all of the love that is directed at me. I am comfortable being myself and knowing that I am fully loved. I am loved exactly as I am, and I am grateful for that.

## **Self-Reflection Questions:**

1. Whom do I love, even though they are imperfect? What do I love about them?
2. What part of myself am I hiding from the world? Why am I hiding it? What would happen if I allowed the world to see that part of me?
3. Who loves me the most? Why?