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There is so much power in knowing and appreciating who I am. Loving myself gives me the confidence to go out and conquer the world.

I am comfortable in the skin I am in. Each feature makes me uniquely me. **I feel a sense of pride knowing that I am the only one like me.** I embrace myself and share my uniqueness with the world.

Although my journey is different from that of my friends, I am pleased with my accomplishments. I know that each person takes a different path through life.

I am proud of my patience. It allows me to carefully think through situations before making decisions. It is a standout characteristic that makes me reliable in the eyes of my family, friends, and colleagues.

I tackle work-related matters with confidence because I know that I have the trust of those around me. I love that I am thought of in high regard.

I celebrate my differences. I love that I see

things differently because it inspires thought. I offer new perspectives.

I trust my own intelligence and intuition.

Today, I am the person that I am meant to be. I have little desire to change who I am for greater acceptance. My mind, body, and soul are connected to form a unique and beautiful being.

Self-Reflection Questions:

1. What words of encouragement do I tell myself when I am feeling unsure?
2. How do I practice self-love on a daily basis?
3. What are some of my accomplishments that build my self-confidence?