

## Self-Acceptance Meditation

Take a slow, deep breath. As you exhale slowly, let all your thought and worries go and recognize you are right here—awake and fully alive.

Say to yourself silently, “This is my time on earth. This is the only life I have.”

Take another long, deep breath and exhale slowly.

Say to yourself silently 3 times, “Whatever I feel is okay.”

Say to yourself silently 3 times, I can let go of my thoughts and be okay.”

Say to yourself silently 3 times, “I am a good person.”

Say to yourself silently 3 times, “I am okay exactly as I am.”

Say to yourself silently 3 times, “There is nothing wrong with me.”

Say to yourself silently 3 times, “I am worthy of love and respect.”

Take a deep breath and let it all go.

## CLOSING REFLECTION

I am beautiful both inside and out.

I am mentally and emotionally strong.

No other individual can break me.

I am NOT perfect, and that is OKAY

I have value to myself and others.

I am confident.

Above all else,

I can do anything I put my mind to.

