

# *I am worthy of love*

## **I am worthy of love.**

I deserve love in my life. I am worthy of having love from my partner and family members.

### ***I bask in the love from my family, friends, and coworkers.***

I deserve appreciation and kindness. I deserve a partner who understands me and supports me.

I enjoy all the love I receive throughout the day. Each smile and gesture warms my heart. I am happy to be surrounded by people who care about me. I return the love I receive with the same enthusiasm.

### ***I am grateful for the connections I form with others.***

I deserve to have people who care about me at work and at home. I am worthy of their attention. I accept their love.

I am happy to have intimate connections with my partner. I am able to be vulnerable and free in their presence.

## **I love myself and acknowledge my own power.**

I erase negativity from my thoughts and heart. I fill my soul with love. I build healthy and strong relationships that lift me up. I focus on those who truly care about me and wish me the best. I let go of those who hold back their love.

Today, I focus on love and know that I deserve it. I show my love for others and welcome it in return.

### **Self-Reflection Questions:**

1. How can I ensure that I am open to receiving love?
2. What can I do to increase the love I feel for others?
3. How can I focus on my love for others while I am busy with other tasks?