

I ALLOW LOVE TO FIND ME

I allow love to find me.

The love I need to nurture me is always around me. **I make myself available to love and permit it to find me.** I embrace the numerous opportunities I have to love, and be loved, each day. Love is present in abundance.

I cherish the love I experience in my life today. I make the loving relationships in my life a top priority and take action to strengthen and maintain them.

I understand that the love I currently have in my life is just as important as love I have yet to receive. I appreciate and respect the loving people that are in my life.

I enjoy loving others and being loved. I am open to the prospect of more love coming into my life. I am open and emotionally healthy. Others find it easy to love me. I find it easy to receive that love.

Loving others is the key to receiving love. I avoid harboring negative feelings toward others. I have a positive outlook that people find attractive.

I am available to be loved. To receive love is the greatest gift of all. I deserve this gift. I am worthy of love.

Today, I am letting go of the barriers that prevent me from experiencing love. **I open my heart to the possibilities that love provides.** I allow love to find me easily.

Self-Reflection Questions:

1. When have I rejected love in the past? Why?
2. What changes would I experience if I were more open to love in the future?
3. Whom do I love the most? Who loves me?