

I approve of myself

I approve of myself.

I approve of how I live my life. I approve of the decisions I make and the directions I take.

I accept the way I am and the way I do things. I love myself.

I like every aspect of my being. I like the way I look and talk. I like how I work and play. I like how I handle challenges and obstacles.

I treat myself with kindness. I respect the choices I make. I avoid questioning my decisions and overthinking. I acknowledge that mistakes happen for a reason and provide me with a learning experience.

I raise my consciousness to a new level of approval.

I feel happy and find joy in each moment of my existence. I eliminate the need to seek approval from others. I am strong enough and confident enough to give myself approval.

My self-esteem increases with each

moment.

I accept my errors and idiosyncrasies. I know perfection is simply an illusion. I let go of the need to be flawless.

I deserve to have my own approval. I have a strong foundation of confidence.

Today, I state that I approve of myself. I tell the world that I matter. I ensure that everyone knows I exist. I accept my faults and quirks. And I know that all is good.

Self-Reflection Questions:

1. How can I avoid the self-doubt and fears that affect my confidence levels?
2. What can I do to stop feeling inadequate around others who are successful?
3. How can I stop others from questioning my decision to be kinder to myself?