

# I DESERVE LOVE AND ACCEPT IT EASILY

## **I deserve love and accept it easily.**

I am a lovable person. I deserve to be loved just for being myself. I give and accept love easily. Love is the greatest gift of all.

I make an honest effort to be a good and kind person. I take this task seriously and consider the feelings of others before I do or say anything. I am considerate and in tune with the needs of others. I am helpful and trustworthy.

I deserve love. With all my strengths and weaknesses, I deserve to be loved. **Despite my mistakes and flaws, I deserve to be loved.** I deserve love in all its forms.

Love comes to me from every direction. I allow love to enter my life and my experience. It is easy for me to allow love into my heart. I accept love and look forward to receiving even more.

I am at my best when I feel loved.

I have so much love that I give love freely to others. **I have an everlasting supply of love to share with friends, family, and strangers.** I have room in my heart to love

my enemies. When I love an enemy, I am doing both of us a favor.

Today, I am opening myself to receive the gift of love from everyone I meet. I reaffirm that I deserve to be loved. I accept love easily from any source.

## **Self-Reflection Questions:**

1. What can I do to be more comfortable with receiving love?
2. What do I gain by accepting love easily? Do I have anything to lose?
3. Whom could I love if I opened my heart?