

I am worthy of praise

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I deserve to receive praise. I accept it graciously and thank the givers. I am comfortable with praise. I welcome it into my life.

I take pleasure in honors and rewards. However, I stay humble and focus on reality. I understand that praise is only one small part of my life. I avoid allowing it to take over my mind.

The positive comments I receive boost my self-esteem and confidence levels.

Accolades and honors help me to know that my work matters. They show me that I bring value to others.

I am worthy of receiving praise. I am happy to acknowledge it. I am grateful and thankful for all positive comments. I am able to maintain my humility despite the growing amount of praise in my life.

I believe in my work and myself.

I share my rewards with others. I use my network for good. I accept the praise and

use it as a stepping-stone for more rewards.

I am glad to receive compliments.

I avoid shrinking or hiding from positive comments. I am comfortable being visible in front of others. I take pride in my work and family. I take pride in all that I accomplish each day.

Today, I reflect on praise in my life. I acknowledge that it warms my heart and makes me feel good about myself. I appreciate all the praise I can get, but I ensure that I remain humble.

Self-Reflection Questions:

1. In what situations do I feel most worthy of praise?
2. What can I do to attract more praise into my life?
3. How can I use praise to raise my self-esteem?