

Self-Lover's Declaration

I fall in **love** with myself every day

*Self-love is letting go of the need for others' approval.
I **approve** of myself.*

*I **allow** myself to feel all my feelings.
It is **safe** for me to open my heart to myself.*

*I **let go** of all my stories about myself and
explore the new world of opportunities that is available to me.*

*I **honour** my body as a sacred temple and appreciate its hard work.*

*I choose not to compare myself to others.
I am me and I **will accept** the fullness of who I am.*

*I choose to **empower** myself.
That's **my job** and no-one can do it for me.*

*I find **freedom** in my vulnerability and **strength** in my fragility.*

*I am unique. I am one of a kind.
I **allow magic** to flow from my heart and mind.*

*I hold the **highest vision of myself** in my heart and let go of the 'how'.*

*I **let go** of all that no longer serves me.
I can choose differently in each moment.*

*I am the **One**. Whole, perfect and complete.*

*I **honour** my commitments to **myself***

Signature.....**self-lover**

I  self-love