

Having Self-love, Self-Esteem, and Self-Worth

You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens."
– Louise L. Hay

1. I love myself first, so that I can love others better
2. I release the need to impress others because I have nothing to prove.



3. I release the need to compare myself to others. We are all different and that's a good thing.
4. I choose to be myself because everyone else is taken
5. When I love and accept myself, it's easier for others to love and accept me
6. I accept myself for who I am; God doesn't make mistakes
7. I am fearfully and wonderfully made in the likeness of God
8. I am beautiful from the inside out
9. I am smart, talented, and creative because the Holy Spirit lives in me
10. Even with my imperfections, I am worthy to be loved because no one is perfect
11. I deserve to have the life that I want
12. _____
13. _____



References: Psalm 139:14, Mark 12:31, Romans 3:10, III John2, I Corinthians 3:16

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