I am loveable and life loves me.

I forgive myself for all the times I’ve been

afraid I am not loveable.

I am loveable and life loves me.

I forgive myself for judging myself and

for not believing in my goodness.

I am loveable and life loves me.

I forgive myself for feeling unworthy and

for believing I don’t deserve love.

I am loveable and life loves me.

I forgive myself for all the times I’ve

criticized and attacked myself.

I am loveable and life loves me.

I forgive myself for rejecting and

giving up on myself.

I am loveable and life loves me.

I forgive myself for doubting myself and

for not trusting in me.

I am loveable and life loves me.

I forgive myself for my mistakes.

I am loveable and life loves me.

I ask for forgiveness so that I can learn.

I accept forgiveness so that I can grow.

I am loveable and life loves me.