

I embrace my identity.

I accept that the person I am is the person I am meant to be. My circumstances, physical appearance and personality are all part of the divine plan of my Creator.
I love the person I am.

When I am faced with negative circumstances, I constantly avoid feeling discouraged. Instead, I use the positive qualities I am blessed with to deal with the situation and come out winning.

I realize that there may sometimes be others around me who dislike me, for whatever reason. Even so, ***I am satisfied with knowing that I am the best me I can be.***

My body and facial features may be different than what society deems flawless, but ***I am exactly how I should be, so I embrace my physical appearance as well.***

I live according to my own decisions, based on my own circumstances, rather than what others expect of me. I recognize that it is impossible to always live up to the expectations of others and be at peace at the same time.

Today, I commit to loving myself just the way I am. Even when others want me to fit into a certain mold, I remain unmoved. I feel certain that I am the way I should be.

Self-Reflection Questions:

1. Do I sometimes prefer what I see in others to what I see in myself?
2. What strategies do I use to allow me to be true to myself?
3. Do I accept my children the way they are?