

# Affirmative Contemplation



## Self Appreciation - I Love Being Me

I love being me

And I enjoy being me

Every single part of me

I embrace with joy and compassion

My victories are brilliant

I am grateful

I inhabit the space of all that is good in my life

And my heart is singing with love and appreciation

Even my challenges are perfect

I see them all as distinctly mine

So precisely carved for the magnificent evolution of my  
journey

I embrace my hardships

And relax in the knowing that all is truly well

That even the hardest moments are seeded with success

With each breath I relax more deeply into the loving arms of  
my soul's journey

I trust the path

I trust the moment

I trust my inner guidance

I know that regardless of appearances, all is well

As I breathe in I feel the nourishing life-energy swirl through  
me, cleansing, vitalizing, and delivering unconditional love to  
my entire being

I breathe out appreciation

I am so happy to be a part of this world

This infinite universe

To be a specific point of consciousness in this infinitely  
evolving kaleidoscope of beingness

With each breath I become more truly myself

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