

We often give ourselves silent messages of ways we aren't good enough. These often came from ways we interpreted messages we received as children. We need to consciously create messages to ourselves that affirm our new beliefs.

Here are some examples:

- ◆ I am a worthy, lovable, imperfect human being.
- ◆ I am good enough. I love and accept myself as I am.
- ◆ I am an imperfect but valuable, worthy human being.
- ◆ I am precious. I am worthy of love.

It is also helpful to reinforce the new beliefs you are test-driving. Like: "His or her behavior might be more about him or her than about me." OR "Don't take it personally, it's not about me." OR "It's not my job." OR "If I ask for what I want, and accept what I receive, I will get what I need."

Write at least one affirmation and one new belief that you want to try.

And when you come up with new ones, write them down. Put them someplace where you will see them and be reminded of your new thought habit. A popular place is the mirror you use in the morning. How about creating a screensaver with your affirmation? Or maybe a sticky-note in your car? Think of creative places where you will notice it.

1.

2.

3.

4.

5.

