## REPEAT AND/ WRITE YOUR SELF -LOVE AFFIRMATIONS

I am Love, Loving,	6AM
and Lovable.	8AM
el c	10AM
	12PM
I am surrounded by love.	2PM
el c	ЗРМ
	4PM
I completely love and accept myself.	5PM
el c	6PM
	7РМ
I am open to	8PM
receiving and giving Love.	9РМ
	TODAY'S SELF-CARE ACTION
I am worthy of	
I am worthy of healthy	
relationships.	

surround

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