

In spite of any problems and limitations
I deeply and profoundly accept myself.
Love, honor and respect myself.
And forgive myself and anyone else who may
have contributed to my problems or limitations.
I do.

Very deeply.

Very profoundly.

Accept myself.

Love, honor and respect myself.

For all my strengths, talents, gifts
and ability to love.

Absolutely.

I do.

Very, very profoundly.

With love and affection.

Absolutely.

Accept myself.