

# I Am Open To Receiving Love

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I respect myself enough now to be able to receive more love in my life. I am grateful that I have come to this place again.

**I realize that it is difficult to fully love another person if I don't fully love myself.**

As I continue to learn to love myself more fully, I open the doors to receiving love more fully.

I am safe to receive love. I release any old stories that say otherwise. I refuse to live in the past. I am fully present now.

I recognize that If I am to love of hers unconditionally, I must first love myself unconditionally. I see any old patterns of lovelessness and I eliminate them.

I know that I am worthy of love and I am worthy of love NOW!

I am learning to come out of my shell. I am learning that it is safe to be me. I am learning that I am lovable. **I am learning that I deserve love.**

I continue to gain strength and courage in accepting love. I open my heart up even more to hear compliments from others and take them into my heart fully.

I smile. I am grateful that others see my love. I am grateful that I am starting to see that within myself.

Today, I am doing whatever it takes to completely love myself unconditionally. I expand that love to all my loved ones. **I learn to love others more fully.** I even love myself.

## Self-Reflection Questions:

1. What do I need to let go of in order to receive more love?
2. How can I open up even more?
3. What do I need to do to become an unconditional lover of myself and others?