

Acceptance Affirmations

I accept my self for who I am.

I accept that somethings are out of my control.

I accept that in life there will be disappointments.

I accept that change will come.

*I accept these things with Grace,
because I possess the will to "Get Through".*

I am worthy and receive Love.

I am worthy and receive Respect.

I am worthy and receive this Life I am blessed to have.

As I am – I am Beautiful.

As I am – I am Strong.

As I am – So I will be .

Until it is time to move on.

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