

# *I deserve to be loved and cherished*

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I am invested in my own life. I seek to make a positive impact on others however I can. I look for work that sustains me. I surround myself with caring people. I contribute to the lives of others in helpful and important ways.

Yet, even if I did none of these things, I would still deserve to be loved and cherished. ***Being loved and cherished, to me, is a birthright.*** Everyone on the planet is entitled to know the joy, certainty and celebration of being valued and loved.

Simply because I was born, I have a right to experience feelings of love and to be treasured by another person. Even though I am not perfect and sometimes I fall short in the face of life's challenges, I deserve to be loved and cherished.

Feeling that I matter is a sustaining part of life. Even though people are quite different from one another, we are all the same in terms of wanting to be special to another person. I believe that the human condition compels us to seek out and receive feelings of being valued.

## **Today, I feel sure I deserve to be loved**

**and cherished.** I remind myself of the many people along my journey of life who respect, value, and love me.

## **Self-Reflection Questions:**

1. Do I believe that I am worthy of being loved and treasured by another person?
2. Why do I deserve love?
3. What can I do to increase my sense of self-worth?