

I am worthy of all good things.

I am worthy of love.

I am worthy of happiness.

I am worthy of joy.

I am worthy of peace.

I am worthy of serenity.

I am worthy of safety.

I am worthy of stability.

I am worthy of rest.

I am worthy of being seen.

I am worthy of being heard.

I am worthy of surrendering.

I am worthy of receiving.

I am worthy of abundance.

I am worthy of prosperity.

I am worthy of fulfillment.

I am worthy of perfect health.

I am worthy of a pain free body.

I am worthy of vibrant cells.

I am worthy of radiant chakras.

I am worthy of flow.

I am worthy of bliss.

I am worthy of stillness.

I am worthy of my calling.

I am worthy.

I claim it. I receive it. I feel it.



Inside
Out
Living
With Julie