



## SELF-LOVE & HEALTHY RELATIONSHIPS MANIFESTATION

### Love Begins With Me

I choose to love myself deeply, gently, and unconditionally.  
I accept every part of who I am — the strong parts, the soft parts, the wounded parts, and the growing parts.  
I am learning to speak to myself with compassion and treat myself with respect.

I release old patterns that led me to accept less than I deserved.  
I let go of relationships that drained my spirit, lowered my standards, or made me shrink.

I now create a new standard for love — one that begins with me.  
I attract connections that are healthy, reciprocal, supportive, and kind.  
Love meets me at the level of my self-worth.

I am worthy of affection, honesty, clarity, and healthy communication.  
My boundaries protect my peace, and I uphold them with confidence.  
I am no longer afraid to express my needs or to walk away from what's not aligned.

I choose love that feels safe, respectful, and empowering.  
As I deepen my self-love, the quality of my relationships transforms.  
I magnetize people who see my value, honor my heart, and appreciate my authenticity.

Love flows to me naturally because I am aligned with it. I am worthy of the love I desire and I am ready to receive