

I am allowed to take time for myself.
I am allowed to think about my needs first.
I am perfectly worthy of giving to myself,
And receiving said offerings with thanks.

I am allowed to think about what is best for me.

I am allowed to choose what is best for me.

Even if what is best for me, is not what is best for others.

I am allowed to matter and make choices that reflect this fact.



I thank the light for remembering my needs,
it helps me to remember that by simply being alive,
I am worthy of living life well and with a deservingness
of fruit, flower and rest... and love.



I am thankful for my strength.

I am thankful to be resilient enough to survive being needed.

I am thankful for the word 'no' and every boundary

I am permitted to extend around me

when I need to focus on my own body and mind.



I am blessed with a body that can reclaim health and vitality.
I am allowed to choose health, contentment and joy.
I am perfectly permitted to enjoy the blessing of life.



I treasure the mind that thinks and chooses.
I treasure the body that moves, works and rests.
I treasure my personality and inwards blessings.
I treasure who I am today and own it completely.
I treasure myself enough to treat myself like
the most valued and high priority treasure
I will have ever discovered.



I claim the right to say no to others.
I claim the right to say yes to myself.
I claim the right to help when I need it,
and to refuse to help others
when my energy tank is low.
I claim the right to know
I am a good person,
even if the one requiring
my kindness, is myself.



I know that I am worthy of being treated with respect.
I believe that I am a high value person with a place in the world.
I care about myself, as well as others,
And I know and believe that others care about me too.



Self-care is re-energising.

Self-care is how I maintain enough energy
to remain giving and open hearted.

Self-care is a vital and an integral part of my energy maintenance.
Self-care is a kindness to the world, not only myself.



Taking time for me is light work in disguise.

By filling up with goodness, harmony and joyful vibrations,

I naturally spread that energy outwards.

By serving my body and mind, I serve humanity.



Joy comes when I have space to allow it to manifest.
I am allowed to feel joy even if the world does not join me.
Being in joy is a beautiful life-given blessing, not a thing to apologise for.
I am allowed to feel happy without shame, guilt
or a need to repay the world for that feeling and sensation.

The light is dancing through my body and bones.
The light is calling me to nurture the life it birthed into being.
This life given is the thing I live to serve, with thanks, with care.
In simplicity of its worth and measure,
I treasure the breath and the heartbeat,
and vow to take care of this vessel.