

Daily Prayer of Acceptance

I want to share a beautiful prayer by Lise Storgaard, which is a lovely reminder of the importance of self-acceptance. It can be helpful to print this out and read it daily.

Daily prayer of Acceptance

I accept myself completely.
I accept my strengths and my weaknesses, my gifts and
my shortcomings.

I accept myself as a human being.
I accept that I am here to learn and grow, and
I accept that I am learning and growing.
I accept the personality I've developed, and
I accept my power to heal and change.

I accept myself without condition or reservation.
I accept that the core of my being is goodness and that my
essence is love, and
I accept that I sometimes forget that.

I accept myself completely, and in this acceptance
I find an ever-deepening inner strength.
From this place of strength I accept my life fully and
I am open to the lessons it offers me each day.

I accept that within my mind are both fear and love, and
I accept my power to choose which I will experience as
real.

I recognize that I experience only the results of my own
choices.
I accept the times that I choose fear as part of my learning
and healing process, and
I accept that I have the potential and power in any moment
to choose love instead.

I accept mistakes as a part of growth.
I am willing to forgive myself and give myself another
chance.
I accept that my life is the expression of my thought, and
I commit myself to aligning my thoughts more and more
each day with the Thought of Love.

I accept that I am an expression of this Love.
I am Love's hands, voice and heart on Earth.

I accept my own life as a blessing and a gift.
My heart is open to receive, and I am deeply grateful.
May I always share the gifts that I receive fully, freely, and
joyfully.
I accept all that I was, all that I am, and all that I choose to become.

Lise Storgaard

If you're struggling to accept and love yourself, and could use some support in this process, please call me at **1 888 504 4111** for a **free 20 minute consultation**. If you don't live in Victoria, please remember that I do offer phone counselling.