



I Love Myself

*I love myself, I approve of myself, are the words I must say
Over and over and over to myself, each and every day*

*I may not believe what I say, or the meaning of the word
But inside my self, the real meaning will surely be heard*

*Often we put ourselves down, and think the worst of ourselves
And condemn who we are, with what comes out of our mouths*

*But by gradually changing our thoughts, and thinking right
You will very slowly unearth, your beauty and inner light*

*I love myself, I approve myself, is the mantra of my soul
The words once believed, will make me once more whole*

*Remember each of us, is a slice of God while on this earth
With an special inner beauty, and a value beyond worth*

*So repeat these seven wise words, each and every day
Trusting your inner soul will cherish the words you say.*