

# I am worth loving

You don't have to earn love any more than you have to earn the right to breathe. You have a right to breathe because you exist. You have a right to be loved because you exist. That is all you need to know. You are worthy of your own love. Don't allow your parents or society's negative opinions or popular prejudices make you think that you are not good enough. The reality of your being is that you are lovable. Accept this and know this. When you really do, you will find that people treat you as a lovable person. *-Louise Hay*