

Self Value and Expectation Experiencing the Best

You deserve the best in life. Say that to yourself right now, "I deserve the best in life."
How did that make you feel?

It is important to connect with your value and worth to experience the best in your life.

It is common to, through lifelong conditioning, not see your own value or to believe that you are not enough and not worthy. Because of this, you look to others to show you your worth through their approval, acceptance and validation.

When you do this, you generally end up settling for less than you desire because others can only offer you their approval, acceptance and validation from the level of their own worth. And, you are likely associating with people who feel the same way you do about themselves. You need no one else's permission in life, but your own, to have what you want and to accept and expect it to be the best.

When is 'okay' and 'good enough' not enough anymore? You don't have to settle for just having enough or what is okay in life. Your birthright is to have all of your heart's desires, and outside of your programming, that has led you to believe that you are not worthy of more, your soul knows you are and that you can have it!

For the world to treat you with value and worth, you must first discover that in and for yourself. The world mirrors back to you that which you are sending out in your frequency and if it is that you are not enough or not worthy, then you will experience your life that way.

It takes reprogramming of your beliefs that you are enough and that you have value. Every choice you make for how you spend your time is giving your life to someone or something and it is important to come to a place where you make those choices based on whether the person or thing is worthy of you and your time investment. It really isn't about whether you are worthy of them, but are they worthy of you.

To help you increase your belief in your own worth, you'll be making statements to experience the best in your life. To receive the best, you must be open to doing so and allowing it in. To have the best, you must believe you deserve it and you want to always be creating the best in your life.

Repeat the following statements every day, at least once per day, but more if desired, for at least 30 consecutive days. If you miss a day, start the process from the beginning of 30 days again. Once you have finished the 30 days, re-evaluate how you feel about your own worth and value and notice what is different in your life that represents that. You can continue to say these statements to yourself, or even as a reminder when you need to, for as long as you want and they are helping you in believing in your value and worth.

Allow yourself to feel into each statement as you say it to yourself. To amplify it, say them to yourself while looking at yourself in a mirror. This allows you to take it in

differently than just saying it alone. The more you connect to, and feel, your value and that you deserve only the best in your life, the more it will show up in your outer experiences.

To begin, take a few deep breaths and allow yourself to become open, receptive and relaxed, then say each statement:

"I am the best"

"I deserve the best"

"I give the best"

"I receive the best"

"I am always creating more of the best in my life"

"I always expect the best to happen in my life"

"I release anything less than the best for me"

When you have gone through them, and you may do so as many times as you feel intuitively guided to, take a few more deep breaths and know you are complete with them in this moment.

Each time you complete saying the statements, repeat "**Thank You**" **3 times**, allowing yourself to feel gratitude and appreciation for the best in your life, knowing you are valuable and worthy of it and it is always showing up for you.