

Deservability

Sweet Spot

A blue bell curve is centered on a horizontal axis. The curve is divided into five sections by vertical lines. Above the peak of the curve, the words "Sweet Spot" are written in a cursive font. The word "Sweet" is pink and the word "Spot" is light blue. A pink heart shape is positioned behind the word "Sweet".

Entitlement

Unworthy

Louise Hay's Deservability Treatment

I am deserving. I deserve all good.

Not some, not a little, but all good.

I now move past all negative, restricting thoughts.

I release and let go of the limitations of my parents.

I love them, and I go beyond them. I am not their negative opinions, nor their limiting beliefs.

I am not bound by any of the fears or prejudices of the current society I live in. I no longer identify with limitation of any kind. In my mind I have total freedom.

I now move into a space of consciousness, where I am willing to see myself differently.

I am willing to create new thoughts about myself and about my life. My new thinking becomes new experiences.

I now know and affirm that I am at one with the Prospering Power of the Universe. As such, I now prosper in a number of ways. The totality of possibilities lies before me.

I deserve life, a good life.

I deserve love, an abundance of love.

I deserve good health.

I deserve joy and happiness.

I deserve freedom to be all that I can be.

I deserve more than that. I deserve all good.

I accept this abundant life with joy, pleasure, and gratitude. For I am deserving.

I accept it; I know it to be true.

HOW TO CREATE

Your Personal Deservability Treatment

1 IDENTIFY MY MANIFESTATION FOCUS

- One thing I am working on to manifest ... that is not happening as quickly as I'd like, is ...
- Even though I don't feel like I deserve it, I want to manifest ...

2 LISTEN TO MY INNER CONVERSATION ABOUT THIS MANIFESTATION FOCUS

- When I say, "I am manifesting (above focus)," my inner thoughts are ...
- Taking it deeper, I realize ...

3 DETERMINE THE "WHYS" THAT BLOCK MY BELIEF IN MY DESERVABILITY

- Reviewing content from #2, I realize the erroneous beliefs, biases, and attitudes I have are ...; these might have come from ...
- I don't think I deserve to experience this in my life because ...

4 WRITE A PERSONAL DESERVABILITY TREATMENT

Include: Statement of Manifestation Focus; Release; Transition; Truth Statements; and a final Deservability Affirmation. (Prompts on next worksheet)

5 REPEAT MY PERSONAL DESERVABILITY TREATMENT 3 TIMES EACH DAY

I look at myself in a mirror and repeat my Personal Deservability Treatment aloud, with feeling and emotion. Aim for a minimum of 3 times a day!

PROMPTS FOR THE FIVE SECTIONS OF

Your Personal Deservability Treatment

1

STATEMENT OF MANIFESTATION

- I am manifesting ... with ease, wisdom, and joy.
- I Divinely Order the manifestation of ...
- I am deserving of ...

2

RELEASE OF ERRONEOUS BELIEFS

- I am no longer bound by the limitations of ...
- I gently and lovingly release any belief in / power to ...
- I let go of the opinions and beliefs of others and ...

3

TRANSITION STATEMENT(S)

- I open my mind to having ...
- I embrace the idea and feeling of ...
- I allow a new awareness of ...
- I believe I deserve ...

4

TRUTH STATEMENT(S)

- I know and affirm ...
- I deserve to experience the richness of ...
- I expand my awareness to include ...
- I deserve the amazing manifestation at the highest level of ...

5

FINAL DESERVABILITY AFFIRMATION

- Knowing I am deserving, I boldly claim ...
- I deserve and now manifest ...
- I now embody the abundance of deservability, as I experience ...
- I am deserving ... I am worthy ... I am grateful!