

I AM

... Worthy of Love

A Day Retreat for Developing Positive Self-Beliefs



The number of people who deep-down don't believe they are lovable seems to be reaching epidemic proportions today. Despite all of our masks, or cover-ups, many of us do not even like, much less love, the persons that we are. And much of our self-animosity is tied directly to our childhoods; to emotionally unavailable parents who lacked the skills to love and accept us unconditionally.

As a result, we developed negative beliefs about ourselves: "I am ugly," "I am fat," "I am stupid," "I am worthless" and "I am unlovable" are among the many self-deprecating beliefs that have imprisoned our hearts. We shackled ourselves with these negative beliefs and then we attracted negativity and pain into our lives through these miserable beliefs.

That's the bad news. Now here's the good news: We can let go of these old negative beliefs and develop new positive beliefs. We can take a really honest look at ourselves and choose to believe we are wonderfully made by God. Through new affirming beliefs, like "I am adorable," "I am worthy of all goodness," "I am equal to everyone" and "I am lovable" we can release ourselves from misery and we can begin to attract beauty into our lives.

If you are tired of being your own worst enemy, come learn how to become your own best friend. When you become the best things that ever happened to you, all of the world will follow suit! The cost for this retreat, including lunch and materials, is \$35.

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Redemptorist Renewal Center
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Call 520-744-3400 for reservations.

Presented by Rev. Charlie Wehrley, C.Ss.R.,
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