

A close-up photograph of a young woman with brown hair, smiling warmly. She is wearing a red headband with white polka dots and a white sweater with a large red heart on the chest. Her hand is resting on a tree branch. The background is a soft-focus outdoor setting with green foliage and a stone path.

"Loving yourself is
the greatest
revolution"

- Unknown



"The real difficulty is to overcome how you think about yourself."
-Maya Angelou

In life, many of us simply don't allow ourselves to just be with and accept the person we truly are.

It took me a long time to accept myself and find beauty in my own reflection, and it's still something that takes daily work. Because, like many women, I had spent my entire life editing myself for other people rather than being confident enough to believe that the true me, was absolutely enough.

Developing a relationship with one self is beautiful and uncomfortable, yet a necessity to build stronger relationships with those around you.

Learning how to self-love is important to living happier and healthier in every aspect of your life. It influences who you pick to be your mate for life, the image you project at work, how you accomplish your work, the way you raise your children, the way you interact with those around you and the way you cope with the problems in your life.



I ask you to look over this list and see if anything rings true for you:

1

When you make a mistake: do you tend to feel ashamed and embarrassed or fear of owning up to it in public?

2

On average, when you look at yourself in the mirror what do you believe you see? Someone who is attractive and confident, Someone who is average and often unsure about what to do in life, or Someone who is ugly and insecure?

3

When you are dealing with a problem in your life what do you tend to do? Blame everyone or anything that I think caused the situation, It's rarely my fault, I complain and vent to anyone willing to listen but rarely address my personal responsibility for the issue or Take responsibility for my thoughts, words, and actions because if I take ownership I am not a victim to the situation.

4

If my wants and needs are different from those of others I am likely to give up and give in. I'd accommodate. Say, "My way or the highway!" I argue until I get my way.
Try to avoid them altogether. Why bother trying to get my needs on the table. Mine aren't important, and neither are theirs or Create a win/win.

5

When you think about the greater purpose of your life what do you tend to think? I feel like I am drifting. I am ashamed to admit it but I don't know what I should be doing or even where to start, I have a general picture of what I want to do and what I am capable of creating for my life or I am on course with my purpose, and know I am capable of creating whatever my heart desires for my life.

Take some time to think about this in your life and perhaps how you are preventing yourself from becoming your truest self.

*I am going to fall madly in
love with myself...come and
join the affair!*

Self love is not simply a state of feeling good; it is an action. Self love is a choice. It is a way of relating to yourself that involves being understanding for your mistakes, understanding in your losses, and being able to effectively communicate with yourself about life without harshly judging or punishing yourself. Research has shown that learning how to self-love is associated with:

- Less anxiety and depression
- Better recovery from stress
- An overall more optimistic outlook on life
- Better adherence to healthy behaviour changes

In short, self love is how you view yourself and how you treat yourself.

There are several reasons why one's self esteem will be low. It can be because of habits, things that developed in childhood, actions of those one was around and so on. What is important to remember is that with time and effort we can build up this up and shift it.

This is not about having a bath, a cup of tea and reading a book it is about the relationship we have with ourselves while we do those things! It is about finally falling madly in love with who you are and adoring all your beautiful pieces.

We can shine and focus on this new relationship with self.

This is *LOVE!*



"NO ONE
CAN MAKE
YOU FEEL
INFERIOR
WITHOUT
YOUR
CONSENT."

How to develop Self LOVE practice .

List 5 examples of you can incorporate Self Love into your life.

Recognize How You Are Feeling:

When something is off, it is important to take a moment to recognize how you are feeling at that moment and why.

Why are you sad? Why are you angry? Why are you happy?

In self-love, you must be mindful so that you can begin to shift any negative state that is involved in those feelings.

Accept How You Are Feeling

While there is nothing wrong with feeling any of the emotions we mentioned or others, it is important that once you recognize your emotions you can accept them.

Whether you want to feel it or not, the feeling is there. Take a moment to pause and sit with that feeling.

Now, scan your body to see where you feel it.

Think About Your Feelings from an Outsider's Perspective

How would you feel if you saw a loved one experiencing the feeling you are experiencing at that moment? Then, think about how you might encourage them to proceed.

Say No to Others

Set boundaries. Make time for yourself. It is okay to tell people "no" if you think that you need to. Love yourself enough to make the right decision for you, not for anyone else.

1

2

3

4

5