

## Self love-Why it's so important and how we can achieve it

For many years I thought I loved myself, but after a series of broken, dysfunctional relationships, a turbulent journey through many addictions and an on-off cycle with depression, I had to admit self-love wasn't something I was practising.

I soon came to realise that whilst it wasn't paramount to have a relationship, it certainly made a huge difference in who you attracted and how you functioned.

A lack of self love can come from many places, but is generally built from a belief system that you must put others before yourself and that in doing so, will get you the love, acceptance and connection that everyone desires.

When you don't love yourself you allow yourself to be treated badly and you treat yourself badly too. You look for love from others and connection from things, none of these behaviours will ever get you that consistent feeling of being enough and being worthy. It will also never provide you with a secure base of love, to which you can work from everyday.

But enough of what a lack of self-love will take from you. I am more interested in enticing you to embrace self-love by telling you of its rewards.

In self-love you don't feel guilty for putting you and your needs first.

It's easy to say 'No' and not feel guilty.

You find it easy to stick to treating yourself well by eating in a balanced way and taking regular exercise.

Making time for personal growth is not a chore but a priority.

Studying is exciting.

Meditation is a part of daily life, and taking time to understand and read your emotions becomes essential as you realise its full value.

You have strength and determination to move away from addictions.

You trust yourself to make the right decisions for yourself, confidently. Without having to ask the opinions of others.

Choosing the right type of friends comes easily based on balance and how you feel when you are around them.

You are able to take positive steps in your career and ask for help, advice and a raise!

You stop overthinking about things that have passed. And questioning yourself when something is clearly not your fault.

You can be alone and enjoy it.

You no longer shame or blame yourself for every occurrence or interaction.

You feel able to fully express and be yourself.

You are able to look in the mirror and like what you see.

Brushing off negativity becomes easy for you.

Your ability to love and be loved grows exponentially.

Your relationships with everyone develop and grow and are easy. They are a source of joy and happiness.

Need any more reasons why Self-love should be a priority?

So now on to the nitty gritty, yes, yes I know easier said than done. So where do we begin loving ourselves if we do not feel worthy? And this question poses the real challenge and the reason most cannot sustain a self-loving way of being towards themselves.

The answer is through discipline, through making things a religion, a way of being until the old way of being has disappeared and isn't even a distant memory. Or maybe just a memory, one to be grateful of, because without experiencing a lack of self-love there wouldn't be the consequences that lead you into realizing its importance. And the need for change.

So here to get you started are five practices you can jump into straight away-

1. Focus on being grateful for what you have by writing down before you go to bed each night, what you have gratitude for, they can be simple things too like having hot water and a safe place to sleep. Gratitude makes the heart smile and creates positive mental and emotional health. It also helps you to give off a happy, upbeat vibe that attracts other positive things and people to you.

2. Write down 10 phrases that affirm positive things you wish to feel about yourself e.g

I am growing to love and appreciate myself more and more.

I am capable of everything

I am always supported

I am powerful and I am loved.

You can use these examples then add your own and say them to yourself each day. This is a way of reprogramming your subconscious to be more positive about YOU.

3. Exercise every day for at least half an hour, not only does exercise make you feel good about doing for you, you increase your self-love outwardly as you look sexier and healthier.

4. Commit to increasing your work potential and business, financial success aids freedom, achievement aids self-esteem and a feeling of significance, especially if you are serving others. I am never happier and loving myself more, when I can help others get where they want to be.

5. Realizing what fills you up with joy and practising it and indulging in it as much as possible is a sure fire way to begin to show to yourself self-love. If you don't have any hobbies or interests right now and are unsure of what you would love to do. Try thinking back to your younger years, was there something you enjoyed then, that maybe you have stopped doing? If not then try different things, we are all made for something and there is always something made for us.

I hope you enjoyed this PDF I created for you and I also hope it has inspired you to begin your own 'Self love journey'

Much love

Nicola