

What is Self Love?

Self Love is: “regard for one's own well-being and happiness”

Why is self love important?

It underpins all that you do.

Decisions you make, relationships, what you attract to your life. Your subconscious is vibrating attracting external experiences. You attract what you give out.

How to Cultivate Self Love

- Get to know yourself.
- Be mindful of who you are, what makes you tick, what are your passions.
- Cultivate Discipline
- Delay Self Gratification
- Self Care, be mindful what you are consuming.

Associations:

- Are they bringing you up or bring you down? Are they supporting you or dragging you down?
- Do they make you feel loved and cherished?
- Do they make you feel like a wonderful human being?

Boundaries

Do you have strong boundaries, do you say no to people, places or situations that have a detriment to your well being or confidence?

- Self Forgiveness

Learn to forgive yourself, we all make mistakes.

- Inner Critic – We need to silence the inner critic, do you speak to your friends like you do to yourself?
- Connect with Source

Source is inside of you. You are infinite and eternal. Recognise the divinity inside

- Lose the Clutter – Take time and space for yourself. Learn to meditate, to relax. You deserve some time to yourself. Spend time by yourself, learn to love your own company.
- Mantras and affirmations