

Day 15: Loving yourself so you can live better

Self love is knowing you are human and imperfect and still worthy of being loved and accepted. It isn't a destination, but rather an ongoing conscious choice. It means taking care of your own needs and not sacrificing your well-being to please others. It's loving yourself enough to look at your childhood trauma and heal it and it's also knowing you are worthy of having what you need and what you want.

How much you love yourself is directly related to how well you are, how happy you are, how you function, and what challenges you have. AND it is all about taking responsibility for your happiness.

"To fall in love with yourself is the first secret to happiness." - Robert Morley

The key is to love yourself unconditionally, perceived flaws and all. You are here to learn and grow and when you take the time to love yourself, be compassionate with yourself and give yourself everything you need, you can live your highest potential.

The minute you decide you want something better for yourself is the minute the entire universe starts to shift in your favor! When you love yourself enough to make the decision, the universe starts responding to that request. You have to feel worthy though. The universe can't bring you what you want if you are saying you don't deserve it. If you keep yourself in shame or guilt or you continually are self critical and harsh with yourself, there's no way for you to see how the universe sees you, which is completely whole.

The universe is a mirror so whatever you are thinking and feeling is what shows up in your life. So the question is, how worthy do you feel? How happy do you want to be?

You have so much power, you just have to know that you do and you have to connect with your higher self to see it. That's where your power is. If you are walking around only listening to the parts of you that has had negative life experiences, then that's what you will continue to create or see in your life. This

keeps you in victim consciousness with no way to move forward getting what you want.

Loving yourself is also taking a look at how you feel. You are the only one that has control over how you feel. This is about finding and doing the things that make you feel happy and fulfilled and also finding what brings you peace and harmony.

So, you also want to be aware of what is stopping you from loving yourself? What is holding you back? Are you carrying around something that someone else said to you? You get to decide what you continue to carry forward in your life. It's a choice to become aware of what is not serving you and to practice letting it go so you are not entering every experience seeing this through a lens of I'm not lovable, I'm not good enough, or I don't deserve to have what I want.

Did you have a parent that didn't give you the kind of love you needed?

We all experience things in our childhood that felt traumatic. And it was trauma to us. It felt painful, confusing, heartbreaking at times, and sometimes exhausting. Regardless of how you felt growing up, regardless of the love you got or didn't get, you have the power to love yourself now. If you don't there is emptiness inside and then we look outward to fulfill the void.

Maybe you are judging yourself or you feel judged. Are you judging who you are or where you've been? If you are judging yourself this keeps you feeling not good enough...and you are good enough. Just go back to the thought we are constantly growing and evolving so we aren't perfect and our lives won't look perfect. And if you feel someone else is judging you, you get to decide if you are going to let that affect you. I know I've said this before, but it's worth repeating. When someone else is judging, it could be how they feel about themselves or it could be they are trying to make themselves feel better so they start to compare and judge. Most of the time it's a projection of something that is unhealed within them. No one has the right to judge anyone else. We are all here learning different things so how can you compare? No one else knows what anyone else is here to learn.

Here's another question for you. Do the people, places and things you allow in your life bring you the feelings you wish to have? You get to choose who you interact with, how you show up for yourself and what you allow into your life which all affects how you feel love. Only you have control of this and only you create your reality by what you are choosing and what you let into your life. If you are letting people in that are toxic and make you feel bad, it's imperative to limit the contact with them. And I know this can be conflicting for some, if these are family members. Just remember you have full control. If you continually allow things in your life that make you feel bad, this will perpetuate the cycle of you not loving yourself.

You get to tell yourself a different story. What's the story you want to tell now?

It's never too late to decide what you want. When you take the time to practice loving yourself, the universe reflects back to you how you are treating yourself and then everyone around you starts to change the way they treat you as well.

What needs to happen in order for us to love ourselves more is to look within and accept who we are. Becoming whole is an inside job and silence and self investigation are the most important tools for transformation to release suffering.

Here are some ways you can start to practice loving yourself:

Continue to show up for yourself. When you do this you are building confidence and saying you are worthy of showing up for.

Let go of toxic people, places and situations in your life. What I know about this is when you do it is replaced with things that are more aligned with where you are in your life now.

Don't compare yourself to anyone. The only healthy comparison is you comparing where you've been and where you are now for the purpose of celebrating your growth.

Practice good self care. This includes putting your needs first. Take care of your mind, body and soul. Feed yourself healthy foods that allow you to thrive.

Move your body, take time to quiet your mind and practice mindfulness and connect to your higher self often for guidance.

Give yourself the space you need to rest and recuperate.

Celebrate yourself often.

Forgive yourself and know that you will make mistakes. Accept yourself exactly as you are and know that you are growing.

Try new things and expand your awareness. This allows you to do more of what you are here to do which is live and feel alive, grow and expand your consciousness.

Be aligned with who you are, your values, abilities, likes. This will allow you to express who you are, and appreciate your experiences for evolvment.

Find meaning in what you are doing right now.

Be in gratitude for all that you are, all that you have and all you are able to do, not what you don't have, can't do, or don't have.

You need a higher perspective and your higher self has it. This is about getting quiet, practicing mindfulness, affirmations, taking care of yourself, saying kind things to yourself, and doing things that make you feel good.

Take a look at your self love journey. Look for the things that you love about yourself. Notice and celebrate them. Take time to really acknowledge your abilities, gifts and talents. This will increase your value. You get to show up everyday and decide how you are showing up. Remind yourself daily that your life is supposed to feel good and that you deserve love, respect, happiness and a life filled with everything you want. Now is the time to start loving yourself more and creating the life you want!