



LOVE YOURSELF

Marianne Williamson once said –

“Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be?”

That is not as strange as it may seem. As anyone who knows true love will tell you, the more love that you give, the more you receive. This starts an amazing circle of ever increasing love, which makes your eyes shine; your energy level rise and improves every aspect of your life.

The place to start this whole cycle going is with self-love.

This doesn't mean selfishness and introspection. It means taking time out to truly appreciate all your great qualities, skills and talents.

You can benefit from this simple change to your approach to love. So many of us are brought up in a culture where putting yourself first is not promoted as a positive.

Self-love is not the same as selfishness. It is the ability to acknowledge all your good points instead of a continual focus on your faults. It means looking into the mirror and seeing a person of great potential. When you can do this you can look the world in the eye, you can give freely and you can project love outwards to others.

Some people find the whole idea of self-love alien. If you think about it as self-esteem then it becomes more acceptable. Every truly happy and successful person has high self-esteem. This is not the same as arrogance or conceit; it is about giving as much credibility to your positive qualities as you do to all the others.

Follow the simple exercise below to rediscover your super self

- On a blank sheet of paper list at least 20 things that make you special
- List any and all personal achievements and successes – at least 8
- List at least 20 things that you are good at or can do well (even if its cleaning your teeth)
- List your 10 most unique qualities or unique things about you
- Write down at least one particularly attractive physical feature (even if it's a cute pinkie toe or particularly shapely ear lobe)
- Read this to yourself out loud every morning for a week

Remember there is always one person who loves you - you