

# SELF- LOVE

In order for us to truly love others, we need to learn to love ourselves. No matter what gender you are or what country you are from, we all crave love. So, why is it so hard to love ourselves?

One thing that we tend to do, is compare ourselves to the things of this world. Like what other people have and what they are doing. This will always leave you feeling not good enough.

Two of the biggest fears in life are:

- 1.) I'm not good enough.
- 2.) And if I'm not enough, I won't be loved.

## Here are some ways to help you have a great relationship with yourself.

1. Pay attention to your thoughts.  
What are you saying to yourself about yourself? Do you tend to criticize yourself when you do something wrong? Do you look in the mirror and hate the person staring back at you? How can you look after something that you don't love? If this is you, right now, stop that. Even though you might not believe greatness about yourself, start speaking it over yourself. Before too long you will hear it enough that you'll start to believe it, then become it. What you speak today will be your life tomorrow.
2. Take good care of yourself.  
Get plenty of sleep. Eat food that is good for you. Cut out all that processed junk. Do nice things for yourself, journal, leave yourself nice messages on a post-it-notes to remind yourself of how awesome you are, celebrate your wins, take a bubble bath, get a spa service. Self-Care = Self Worth.
3. Declutter.  
Get rid of crap you don't need. This means mind, body, tangible things and yes crappy relationships of all kinds that hold you back. If it's no longer serving you, bye.
4. Forgive.  
This one usually freaks people out because we all know in our hearts there's generally somebody that we need to forgive. We either don't want to forgive because that person really hurt us. We are afraid to forgive. But, when we will forgive others and ourselves, we let go of the dis- ease. Which keeps it from turning into disease. I promise you, you will never regret forgiving someone.
5. Monitor who you hang around, what you watch and listen to.  
If you hang out with someone who is negative all the time, whether you realize it or not, it will rub off on you. It will be so subtle you won't even realize it. Limit your time with negative people and gossipers. Know that what you watch and listen to can have an impact on your mind. Trash in, trash out. So, be mindful about what you allow into your circle. Surrounding yourself with people who lift you up and encourage you is critical. Although all of this is common sense sometimes we fall into habits and just need a gentle reminder of ways to take care of and love ourselves.

Since you're reading this right now, put your hand on your heart and say "I love you, I am proud of you, I matter and I AM ENOUGH!"

Love,

*Dawn Thompson*



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