

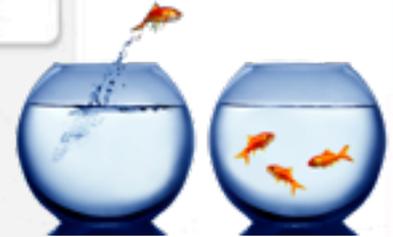


# Chris Lucerne

Coach to Leaders • Teams • Couples • Individuals

## INSPIRATIONAL LIVING SERIES

### Tips for Loving Yourself



**BE YOUR OWN ALLY:** Tune into what you say to yourself. All self-criticism, self-judgment, and self-doubt must stop right now. Be willing to be your own ally instead of your own enemy. Replace your unloving thoughts with appreciation for yourself. Love and appreciate yourself wherever you are right now. And if you don't know how to do that, then love and appreciate yourself for not knowing. When you forget to love yourself, love yourself for forgetting.

**FEEL YOUR OWN LOVE:** Bring to mind someone you know beyond a shadow of a doubt that you love. This could be a person currently in your life, someone from your past, or it could even be a pet. Think about this person/pet and what you love about them. Allow the feeling of love to swell up inside of you and really fill and saturate your body with this sweet feeling. Now take this feeling and direct it toward yourself. If you are only able to experience this for a few seconds, that is okay. Keep practicing this technique and soon you will be able to sustain this feeling of love for longer-and-longer periods of time.

**LOVING ACTIONS:** Discover what loving actions you can do for yourself to feel totally nourished and loved. Perhaps it is listening to music, dancing, singing, golfing, being with friends, painting, etc. Maybe exercising, going for a long car ride, or a walk in nature. Simple things like buying flowers for yourself, taking a hot shower or scented bath, or getting a massage, can be very loving acts. Create a delicious meal and share it with someone you care about. Choose what would nurture your mind, your body, your spirit. Make time to do these things daily or weekly, and acknowledge that you do these things to love yourself.

**BE WITH YOUR EMOTIONS:** Develop a willingness to fully embrace all of your emotions... to notice when you're having a feeling, name the feeling, and fully experience each feeling with love and appreciation. Express your feeling out loud in a healthy way, and get curious about the rich message your emotion has for you. For more information see the tool, "*Embracing Emotion, A Key to a Vibrant Life*" located on the Products page of my website. [www.chrislucerne.com](http://www.chrislucerne.com)

**KNOW WHAT YOU WANT:** Visualize what you want in life... in relationship with yourself, relationships with others, career, contribution to this world, health and fitness, fun, leisure and recreation, Spiritual life, finances, and your environment. Then find out what stands in the way of getting what you want. Is it your beliefs, behaviors, certain situations you have created, etc? Go after what you really want. Be willing to put yourself first. And, if you think that is selfish, then love yourself enough to examine that belief. Failure to do so may mean that you will never get what you want.

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*Are you willing to become your greatest ally, your greatest advocate, your greatest fan? Learning to love yourself is an essential stepping stone on that path.*  
~Chris Lucerne

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*Take the 30 Pathways to Loving Yourself assessment. Download from the Products page of my website.*  
[www.chrislucerne.com](http://www.chrislucerne.com)

