

# LOVING YOURSELF

The Journey that Matters

## Love You—Love Me

Bring to mind someone who 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. Now allow yourself to 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 brief moments, that is okay. Keep practicing this technique and soon you will be able to expand your capacity to sustain this feeling of love for longer-and-longer periods of time.

## Be with Your Feelings

Develop a willingness to fully embrace all of your emotions. Be willing to:

- ◆ Notice when you're having a feeling
- ◆ Name which feeling you are experiencing
- ◆ Fully experience each feeling with love and appreciation
- ◆ Express your feeling outloud in a healthy way
- ◆ Wonder about what rich message the gift of your emotion has for you.

For more information see the tool, *"Embracing Emotion, A Key Factor In Creating a Vibrant Life"* located in the Resource section of my website.

## 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, painting, etc. Maybe it is exercising in some delicious way or going for a long car ride. Simple things like buying flowers for yourself, taking a hot scented

bath, or getting a massage can be very loving acts. Create a delicious meal and set a beautiful table complete with candles and tablecloth 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 in order to love yourself.

## Know What You Want

Figure out what you want in life. What do you want for your:

- ◆ Relationship with yourself
- ◆ Relationships with others
- ◆ Career and contribution to this world
- ◆ Health and fitness
- ◆ Fun, leisure and recreation
- ◆ Spiritual life
- ◆ Intellectual stimulation

When you know the answers, 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.

## 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. 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.

*Adapted from the work of Drs. Gay and Kathlyn Hendricks—www.hendricks.com*