

Love Yourself Better In 3 Easy Steps

Step one: Own what you love about yourself

- List everything that you like about yourself.
- Add to this list everything that makes you different and special in any way.
- Add to this list anything that shows your strength, confidence, success, etc.

Step two: Reframe your inadequacies

- Make a list of anything that you don't like about yourself or others criticise.
- Decide for each quality whether you will change it or own it as a unique quality.
- Now either change it or own it in the following ways:
 - o Change it by setting the plan in action of how exactly:
 - Ex: Lose 5 pounds by going to gym 2 times/week & eating Paleo diet for 2 months.
 - Own it by accepting it as a unique quirk and being proud of it. •
 - Ex: You're shy, which means you prefer to let others take centre stage; so see your shyness as a quality which makes you a better listener than most and help others feel special around you by your undivided attention.

Step three: Visualise your way to stronger self-love

Imagine yourself going to a place that makes you feel relaxed, a place of comfort. Let that energy of comfort run through your entire body, feel it in your toes, feet, knees, legs, arms, stomach, spine, etc all the way up to your head. Imagine being alone in this safe space until you feel the comfort of your own presence. Imagine that a door appears in this room which you can see through, but where you can't be seen. You can see a social gathering of some kind happening on the other side of the door. Though you're not sure you want to leave your place of comfort, curiosity compels you towards this social event, to see who is in there, who you might meet.

On your way to the door you see a beautiful long mirror. Looking through it, you see a surprising image – an amazing woman that is you! You realise that she is the best version of you and she is a part of you. Take her in and know that you are her just as she is you and no one can take her away from you unless you let them. Taking the energy of this ideal woman, you allow her strength to fill you and know that you look amazing because you feel amazing, because you are amazing.

As you step into the room, you notice eyes of admiration. You mingle with ease, chatting, feeling light and fun and free, knowing how special you are and that your special someone is just within reach whenever you are ready to reach him.

You notice someone approaching you who had once put you down and who confronts you with your negative qualities telling you that you are not lovable. But you know that this is totally untrue and say this to him using your lists above as evidence. You realise that he has nothing for you anymore and dismiss him from your life and your mind for good.

Then you see the man you are looking for looking at you knowing that you are the woman he's after. You are ready to find him and be with him. He may challenge you, but your self-worth will only strengthen with him. You are ready to be loved and love. When you are ready, you take his hand and let him into your safe place. You share your comfort with him and you allow him to be there by your side.