

Loving Yourself

As the famous Whitney Houston song says, “learning to love yourself, it is the greatest love of all.” Yet very few of us live by these important words. Women especially put their own needs last, as they take care of the demands of family and career. We also tend to confuse “self-love” with being “self-ish”. But think about it. If you don’t take care of yourself first, do you really have anything left to give? Are you really able to be the wife, mother, sister, friend or co-worker you were meant to be?

During this month of “love” make it your goal to show yourself a bit more caring and affection. Here are 5 ideas to help you on your quest to love yourself more.

- 1. Make a list of things you like about yourself.** Sometimes we need to remember what is great and unique about us. Make a list of things you like about yourself. We’re sure you have a pretty good idea of what those things are. If not, ask a friend or your partner what they like about you. You have to recognize these things before you can value them in yourself.
- 2. Surround yourself with silence.** Take time every day to be with you, to be in silence. Silence brings peace and when you are in peace you can start to feel love. Self-love is created inside.

Close your eyes and think about all the things you love and appreciate. Don’t forget to feel deep love for you.

3. Practice Affirmations. Use affirmations about self love, such as, “I love and accept myself,” “I am loveable,” or “I give and accept love freely”. Scatter these affirmations around in places where you will see them every day, like on the fridge or the bathroom mirror. Repeat these statements several times throughout the day. Gradually you will begin to program your mind to believe these powerful, positive thoughts and you will find yourself attracting more love peace into your life.

4. Be grateful. Gratitude is a powerful emotion. What are you most grateful for in your life? What are you most grateful for in yourself? Appreciate these things and the Universe will reward you with more of the same.

5. Take care of your body. Learn about nutrition and how what you put into your body affects your wellbeing. What about exercise? And don’t forget the most important system of your body, your nervous system. A healthy nervous system ensures your body is functioning at its peak, helping you manage every day stresses and through the power of innate intelligence, allowing for continuous healing.

The Ultimate Gift of Love

To truly love “you”, you must care for yourself body and soul. Give yourself the ultimate gift of love by taking control of your health and making a plan for greater physical and mental well-being. This certificate entitles you to ...

- A consultation with Dr. Stephanie West
- A complete report of the findings

Hurry, this offer expires March 31, 2009