

What is Self-love?

Self-love is having regard for one's own personal happiness and wellbeing. It is not about being selfish, vain or conceited. Sometimes it can be hard to know where to start when it comes to self-love.

A good starting point for self-love is to become mindful. Get to know yourself. Spend some time introspecting and discover what it is that you are thinking, feeling and wanting.

The next step is to live intentionally. Live your life with purpose and on purpose. Live in accordance with your own morals and values, and in a way that makes you proud.

Another way to express self-love is to make room for healthy habits and pay attention to, and work towards the things that you need versus simply looking for things that you want. Give more time and attention to the things that make you feel content and at peace, over things that give you instant gratification or that are novel or simply make you feel excited.

Engage in intentional acts of self-care. Do things that make you

feel good, relaxed and/or at peace.

Protect yourself and set healthy boundaries for yourself.

Remove toxic people (people who constantly criticise you or make you feel bad) from your life.

Recognise your own success. Set goals and praise yourself when you achieve them. Reward your accomplishments. See failures as learning opportunities. What worked for you? What didn't work for you?

Stop comparing yourself to others. Mind your own business! Focus on you, and the life you want.

Use undesired feelings or experiences to provide a counterpoint and a contrast to figure out what feelings and experiences you do want.

Practice love, kindness and compassion towards others, and it will become easier to practice these things with yourself. Feel into how it feels when you feel love from others. What makes you feel loved? How does it feel? Give these things to yourself.

Forgive yourself for any wrongdoings or mistakes. Apologise. Practice an action or period of atonement.