10 Ways To Love Yourself More

We are naturally hard on ourselves. We hold onto our faults and mistakes and conveniently forget our success and positive qualities. It's not easy for anyone to respect, like or love you if you don't even love yourself! Give yourself the love you deserve!





- [ ] *Understand that you are relevant.* You matter to the world. Your opinions matter. Your work matters. Your feelings matter. You've already touched numerous lives
- [ ] *Understand that your greatest mistakes don't define you.* Your mistakes may have influences your life, but they've only changed who you are if you allowed them too.
- [ ] *Forgive someone that has wronged you.* **Forgiving** doesn't mean that you have to let them back in your life or forget what they have done it is simply freeing yourself.
- [ ] *Think about the best compliments you've ever received.* Bask in them. The most meaningful compliments are those that ring true all the way down in the depth of your soul. I
- [ ] *Take a stand for something you believe in.* Be bold in your opinion of what's right and wrong. Be willing to share your interests and hobbies with others.
- [ ] *Be kind to yourself.* The world will be harsh enough on you. There's no need for you to be harsh to yourself. Make an effort to be kind to yourself.
- [ ] *Be of service to others.* We admire those that give of themselves. You can admire yourself by spending some time each week helping to make someone else's life a little easier.
- [ ] *Take care of yourself.* See the doctor and dentist. Pay for a good haircut. Avoid dressing like a slob. Avoid being obsessed with your appearance, but give it the att
- [ ] Do something nice for yourself. Take the trip you've been putting off. Buy yourself a book. Take a class on a topic that interests you. Buy those expensive shoes!
- [ ] *Remember your greatest successes.* Remember how amazing you are. You've done lots of great things. Remind yourself of them every single day.

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