

# GUIDANCE TO LOVING YOURSELF

## The Importance of Self-Love

Having a healthy relationship with yourself revolves around the practice of self-love.

## How to Achieve A Total Self-Love?

- Stop comparing yourself to others
- Don't worry about others' opinions
- Allow yourself to make mistakes
- See the beauty in the things

## Self-love isn't selfish

Self-love is a necessity and influences everything.

## Total self-love is not instant

It takes time to practice new thoughts, actions, and behaviors.

## Know Yourself

It's impossible to love yourself if you don't even know who you are. Invest in discovering what you believe, value, and like.

## Be Honest With Yourself

This one can be harder than it seems. Some of us are so good at self-deception that we don't even know we're doing it. Honesty is key in all relationships and your relationship with yourself is no different.

## REMINDER:

We are the owner of ourselves, don't make others affect you to hate yourself!

