

# THE WORLD PLATFORM



SOULFUL  
HORIZONS,  
*The Collection*

## Soulful Horizons, The Collection

### Self-Love and Relationships

#### What does Self-Love look like?

Self-love is the respectful and supportive relationship we maintain with ourselves. It means relating to our own thoughts, feelings and needs with honesty, care and responsibility, neither indulging everything nor abandoning ourselves.

This shows up as treating ourselves with understanding instead of harshness, recognizing our inherent worth without needing to prove it and making choices that protect our wellbeing and growth.

When our inner attitude is respectful and supportive, our energy remains steady and coherent. From that grounded state, confidence naturally arises.

#### How Self-Love expresses itself

Self-Love shows up in quiet, everyday choices:

- **Self-compassion:** engaging in loving actions towards ourselves
- **Self-worth:** believing that we are inherently worthy of great things, just because we exist
- **Self-validation:** giving ourselves credit for having done difficult things

- 🌀 **Self-care**: setting ourselves up to win and thrive
- 🌀 **Self-gratitude**: realizing that we are a one-of-a-kind, unique Miracle and that there has never been a person exactly like us and there never will be

## Self-Reflection

Self-love grows through **conscious questioning**. Instead of asking what is expected, we ask what is true.

- 🌀 "What could I say or do right now that would support me?"
- 🌀 "What would I do next, if I truly believed I am worthy of something/someone?"
- 🌀 "What effort or progress did I make today that deserves recognition?"
- 🌀 "What small action could I take to make my day more successful?"
- 🌀 "What about Me is uniquely mine and worth appreciating?"

## Self-Love and Relationships

Self-Love also sets the template for how we relate to others. Therefore **we always co-create our relationships**.

Groundedness and confidence play an important role, because they will let us magnetize people with the same intention and the ability to cultivate those things within themselves.

The more we live our life in alignment with our values and the better we cultivate Self-Love, the more genuine our relationships will be and the easier people will recognize us as a compatible match.

### Key Takeaway

Self-love is built by treating ourselves with kindness, recognizing our worth and supporting our wellbeing. As we relate to ourselves with respect and support, our relationships naturally become more aligned with our inner values.

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This material is based on publicly available research and presented in an original framework developed by **The World Platform**.