

ALL THINGS SELF-LOVE

WHAT IS SELF-LOVE?

SELF-LOVE CAN BE DEFINED AS THE REGARD OF ONE'S OWN SELF AND WELL-BEING. IT MEANS PLACING ONE'S OWN HAPPINESS AS PRIORITY AND NOT SACRIFICING YOUR WELL-BEING TO PLEASE OTHERS.

BOOK TITLE:

WHAT SELF-LOVE IS NOT

SELF-LOVE IS NOT ASSOCIATED WITH NARCISSIM, BEING CONCEITED, SELFISHNESS, OR BEING SINFUL.

SIGNS THAT YOU LACK SELF-LOVE

YOU MAY LACK SELF-LOVE IF YOU STRUGGLE WITH THE FOLLOWING: WEARING A MASK TO COVER YOUR TRUE-SELF (NOT TO BE CONFUSED WITH CODE-SWITCHING WHICH IS A SURVIVAL MECHANISM), BEING OVERLY CRITICAL OF YOURSELF, HAVING VERY LOOSE OR NO PERSONAL BOUNDARIES, CONSTANTLY COMPARING YOURSELF WITH OTHERS, BEING OVERLY PASSIVE OR NOT STANDING UP FOR YOURSELF, CODEPENDENCY ON OTHERS, AND SEEKING VALIDATION FROM OTHERS.

WAYS TO ENGAGE IN SELF-LOVE

- ENGAGE IN SELF-REFLECTION
- SPEND INTIMATE TIME WITH YOURSELF
- EAT TO NOURISH YOU BODY AND NOT ONLY TO SATISFY YOUR TASTE BUDS
 - AFFIRM YOURSELF DAILY
 - ENGAGE IN SELF-EXPLORATION
- BE MINDFUL OF YOUR THOUGHTS AND WORDS
 - SHOW UP FOR YOURSELF
 - BE LOYAL TO YOURSELF