

14 Ways to Love Just Yourself.

1. Know yourself

It is impossible to love yourself if you do not even know who you are. Invest in discovering what you believe, value, and like. Take time out to discover that you are not just a wife, husband, partner, sister, daughter, son, friend or the job that you do.

Focus on your strengths (we all have tremendous gifts) and write down your successes. I love this self-love activity because it creates a record of your accomplishments (big and small) that you can re-read whenever you are feeling low. Add to it and read your list daily for maximum benefit. It will increase your positive feelings for yourself.

2. Say "no" when you need to.

Boundaries are an essential form of self-care because they let others know that you deserve and expect respect. By saying no to others, you are saying yes to yourself...We do tend to feel guilty about saying it though especially if you are a people pleaser!

However, there is nothing worse when you really do not want to do something and have a horrible knotty feeling in your tummy...follow your gut instinct!



If you continue to do these things it will build up causing resentment, stress and anxiety. By looking and understanding what does not serve you anymore allows space to be created for even better things in your life. By standing up for yourself, putting boundaries in place and being assertive is a way of showing others that your opinions and needs matter. Loving yourself means you know your value and can communicate it to others.

3. Don't compare yourself to others.

We are all unique and other people are not better or worse, more or less than you; they're just different. You have value yourself just as you are, love and accept yourself. There are no comparisons or competition you are just you...

4. Be truly present.

Our lives are full of distractions, especially with social media... Many of these things are fun and worthwhile, but they can be draining, toxic and very distracting making your head burst like popcorn! I call it popcorn head when you suddenly hear or see something and the next thing you know your brain is completely distracted and you are overthinking things! It keeps us from truly knowing and being ourselves.

5. Be honest with yourself.

This is quite simply where you need to take full responsibility and accountability for exactly who you are. Look in the mirror, are you lying to yourself or making excuses as to who you truly are?

As in all relationships, honesty is the key and it is no different than the one you have with yourself, which actually is the most important one! After all, deceiving yourself is actually worse than deceiving others.

6. Let yourself off the hook for your mistakes and imperfections.

Human beings are our own worst critics. You are probably harder on yourself than anybody else. So why not just cut yourself some slack and embrace your humanness?

Mistakes are normal. Look at the word 'mistake' MIS-TAKE...sometimes you have to learn the lessons to become a better person, imperfections are part of what makes you, you!

7. Accept that some people won't like you.

That's right, some people don't like you and that's O.K. Don't waste your time trying to please people who are impossible to please or people who just aren't that important to you. Being yourself means you have to give up your people-pleasing ways and embrace your authentic self.



8. Make fun and laughter a priority.

Fun and laughter are essential for releasing those endorphins! Plus, there is nothing better than a good belly laugh! Have something to do that is fun every week and make it a priority. We can all look at our diaries and put things off, but you can do anything with the kids, the dog, your friends (even social distanced). Have fun and laughter with yourself too... I absolutely love watching a funny movie (I do have a warped sense of humour admittedly) nothing beats a good belly a laugh.

We all need fun to feel good so ensure you get some!

9. Practice gratitude.

This is so powerful instead of looking at the glass half empty or half full realise it is always refillable! I have a Gratitude Journal, it is one of the simplest and the most effective ways to focus on the good in yourself and in your life. Start with identifying 3 things you are grateful for when you either wake up every morning or at the end of your day when you go to bed.

10. Feel your feelings.

Our feelings are an integral part of who we are. You cannot be an authentic person without acknowledging and feeling all your feelings. Do not shy away from uncomfortable feelings like anger and sadness. If you deny them, you deny a part of yourself. Allow yourself to express them in a healthy, respectful way.



11. Take good care of your body.

Good health is truly priceless. We are after all a vehicle (just like your car) we need the right fuel going in, oil and water... you wouldn't drive to Scotland and back on an empty tank. We need a service, an oil check and MOT when required. Of course, looking after yourself also depends on the amount of mileage you are clocking up as well! It is not just the outside of your vehicle we need to look after but also the internal bits too. So, by giving yourself the gift of feeling physically well is crucial.

12. Take a hobby up.

Hobbies can be really relaxing, fun and challenging or they can be creative, athletic, social, or educational. The great things about different hobbies are that they meet different needs for us. So why not do something that meets your needs and top up that love bucket. You never know where it might lead to!

13. Write yourself a contract with yourself.

This is a very powerful thing to do. We have contracts for so much and yet we do not do a contract with ourselves....

It will encourage you to identify the things you love about yourself and discover what you need to give yourself balance.



For example: Asking for help when we need it and recognising when we need help. Help is not weak. It is human. We all need help at times. It may be allowing yourself some downtime. Are you busy, busy, busy? It is time to slow down and allow your body and mind to rest. You do not have to do it all. Prioritize what matters most and let go of any guilt in saying no.

Rest is rejuvenating and a basic form of self-care. Give yourself a treat. A treat is something special that you just give yourself. Unlike a reward, it does not have to be earned. Be good to yourself by giving yourself treats "just because".

Sign and date your contract and place it somewhere where you can see it... and update it too! We are all evolving so we need different things at different times.

14. Surround yourself with people who treat you with kindness and respect.

Did you know who you spend time with reflects how you feel about yourself? People who feel worthy surround themselves with positive people. Sometimes loving yourself means you must end relationships with abusive or unkind people. Above all speak kindly to yourself. Talk to yourself like you would talk to a loved one. Do not talk yourself down, call yourself names, or criticize yourself. How can you expect anyone else to treat you with self-worth when you do not have it for yourself...?



You are the one person that you will always be with; the person who will be there through thick and thin; the person who knows you best. Your relationship with yourself is the most important and longest relationship you will ever have. I hope you will spend some time learning to love yourself more.

I hope you have enjoyed my tips if you need any advice just get in touch!

Helen x



www.completehealthclinic.co.uk



COMPLETE
HEALTH CLINIC