

21 ways to Like and Love Yourself

- ~ Be kind, gentle and patient with yourself. Know you're doing the best you can and it's ok to make mistakes.
- ~ Be willing to encourage yourself and support yourself.
- ~ Praise yourself. (Yes really! Say "Well done me" as often as possible - even for something you consider tiny like making a cup of tea).
- ~ Accept others and yourself exactly as you all are.
- ~ Say "I approve of myself" as many times a day as you can and allow yourself to *feel good* about any approval you receive.
- ~ Know that you're good enough just because you exist; you were born good enough.
- ~ Choose thoughts that make you feel a little bit better rather than a little bit worse.
- ~ Stop caring what other people think and concentrate on you feeling good about you.
- ~ Be willing to leave 'friends' who don't match up to your values.
- ~ Trust you can handle things. Use positive self talk like "I can handle this."
- ~ Choose to evaporate or blow up any negative thoughts and take your power back.
- ~ Choose to focus on what you do want and empowering yourself to get there.
- ~ Forgive Yourself - and everyone and everything. Its sets *you* free!
- ~ Say "I am Worthy and Deserving of all my good and I allow myself to receive it" over and over till you believe it.
- ~ Know you're worth loving. Say "I am willing to learn to Love Myself" over and over till you believe it.
- ~ Stay in your power. Know *you count too* and make positive choices for yourself, whatever your limitations.
- ~ Reach out for help from a trustworthy source. If one doesn't support you in the way you need, go to another. You are telling yourself and the universe you deserve this and that in itself is changing your life for the future.
- ~ Choose to respect and value your body, giving it nourishing food and drink rather than junk and harmful chemicals.
- ~ Guide yourself through your whole day asking the question "Is this an act of Loving Myself?" or "What would be an act of Loving Myself right now?"
- ~ Know you have lots to give to others and the world that's of value - and be your higher self to give it!
- ~ Choose to feel good regardless of any situation or outside influence. Rule your day by being in the positive energy of "I choose to feel good because . . ." so that *how you feel* is your constant priority.

*Spend time learning these 21 ways so you can put them into practice readily!
Learning just one a day will soon get them cemented in your brain.*

For more help go to www.depressionbustingcourses.com and book a free consultation.

~ Spend time learning the four elements of your Palace mind (Part One, Chapter eight i - iv) and put them into action.

~ Forgive Yourself - and everyone and everything. Its sets *you* free!

~ Say "I am Worthy and Deserving of all my good and I allow myself to receive it" (or whatever your chosen mantra is). (Part One, chapters four and eight).

~ Know you're worth loving. Say "I am willing to learn to Love Myself" (or whatever your chosen mantra is from chapter nine) and other statements that you've chosen from chapters in Part One.

~ Stay in your power. Know *you count too* and make positive choices for yourself, whatever your limitations. (Part Two, Peer Pressure - Staying in your own power).

~ Reach out for help from a trustworthy source. If one doesn't support you in the way you need, go to another. You are telling yourself and the universe you deserve this and that in itself is changing your life for the future.

~ Choose to respect and value your body, giving it nourishing food and drink rather than fast food, fizzy drinks or harmful chemicals.

~ Guide yourself through your whole day asking the question "Is this an act of Loving Myself?" or "What would be an act of Loving Myself right now?"

~ Know you have lots to give to others and the world that's of value - and be your higher self to give it! (Part Two, More About Your Higher and Lower Self). If needs be, turn the volume down on your lower self. (Part One, chapter eleven).

~ Choose to feel good regardless of any situation or outside influence. Rule your day by being in the positive energy of "I choose to feel good because . . ." so that *how you feel* is your constant priority. (Part One, chapter ten).

Spend time learning these 21 ways so you can put them into practice readily! Learning just one a day will soon get them cemented in your brain.