

# Self Love

*"To love oneself is the beginning of a life-long romance." - Oscar Wilde*

Self love is so important. Sometimes it may seem hard to give oneself. People are busy and may feel like it is difficult to take time for one's own needs. And yet it is so important. We often make time for loved one's needs, for work and for the everyday necessities; getting the car maintained, the lawn. But do we really take time for our inner life and needs? Is it a priority?

Our car needs oil changes and the water checked regularly. Our computers need ink, maintenance and repair.

What do we humans need? Is there a daily amount of sunlight, water and food that makes us feel optimal?



*"You can explore the universe looking for somebody who is more deserving of your love and affection than you are yourself, and you will not find that person anywhere."*

*-Unknown*

Possibly we could make time each day, a few minutes even, to meditate, pray or be still. We can have that time to feel our own self love and think about what we are grateful for. We can think about all the good we do in our families, at work, in our community, the world. We can appreciate ourselves for the self care we do show ourselves. We can find our own center and feel what it's like to be still and in the wonderment of who it is to be us.

Sometimes thinking of self love may bring up the opposite; self hate, anger, frustration, upset. This is normal and these feelings can be addressed and worked on. As they are understood they can become transformed to more positive feelings of hope and gentler messages to oneself.

*"The most terrifying thing is to accept oneself completely." -Carl Jung*



The media may give us a lot of messages to change. There may be ideas that our hair color, smile, teeth, nails, body shape should change.

Can we love ourselves in spite of negative messages to the contrary? What is our self love based on? Can we love ourselves if the circumstances of our life is not what we hope it could be, if we are not yet always living in that potential we have in our minds, where we feel we could be.

*What do I love about myself? What are self loving habits I can adopt?*



**Katrina Greene, MSW**

**Successful Life Coaching**

**[www.successfullifecoaching.com](http://www.successfullifecoaching.com)**

**631-567-0008**