

**How to love yourself.** Breathe. Allow for imperfections. Relish in them. Be patient. Sit in silence to connect with your own intuition and answers. Notice your feelings rather than fear them. **Choose** to be kind to yourself. Loving is a choice. Drop into



your breath. Drop out of self-judgement. **Accept** your yourself even when you don't feel happy or lovable. Acceptance will **change your life** in unexpected ways. Work on forgiving yourself and the past. Forgiveness is about making allowances for yourself and gives you room to heal.

**Breathe.** Let yourself off the hook, past and present, so you can feel peace. Even when something sad or infuriating happens, support yourself all the way through the pain or anger no matter what. Notice the difference this makes.

**Remember** to stay loving on your path.

The one who can make love happen over and over is you. Like eating healthy or brushing your teeth, loving yourself becomes a choice each moment, each day. **You**

**are the key** to unlocking the door to your **love**. When people love you, it feels wonderful. And when they don't, you can learn to rely on yourself to keep loving you. **Be in nature**, be with friends. Sit in **silence** under a tree. Say prayers and set intentions with all of your heart. Meditate on the word 'receive'. Feed yourself life affirming thoughts and food. Be courageous and ask for help but **trust within** for your own understanding and feelings about yourself, others, and life. *DenaLeighCarter.com*