

# HOW TO LOVE YOURSELF

1. **STOP ALL CRITICISM!** Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.
2. **DON'T SCARE YOURSELF.** Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure and immediately switch your scary thoughts to a pleasure thought.
3. **BE GENTLE AND KIND AND PATIENT.** Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn new ways of thinking. Treat yourself as you would someone you really love.
4. **BE KIND TO YOUR MIND.** Self-hatred is just hating your own thoughts. Don't hate yourself for having the thoughts. Gently change your thoughts.
5. **PRAISE YOURSELF.** Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.
6. **SUPPORT YOURSELF.** Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.
7. Be loving towards your negatives. Acknowledge that you created them to fulfill a need. Now, you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.
8. Take care of your body. Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.
9. Mirror work. Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At least once a day say "I LOVE YOU. I REALLY LOVE YOU!"
10. **LOVE YOURSELF.** Begin it now. Do the best you can.