



THE POWER OF SELF-LOVE

WHAT IS THE CONCEPT OF SELF-LOVE?

Self-love is the concept of having your own inner strength. It is a way of thinking and interacting with the mind. From birth to death, you are the only one who will experience the entirety of your life and your mind through your eyes. That is why it is so important to have love for self, it is your connection to the world. Regardless of what you go through in life, it is having a sense of understanding in your purpose and who you are. Even relationships are teachers for own growth. "You can't stop the wave but you can learn how to surf." We will always encounter trials and tribulations throughout our life, but it is about the way that you approach it, and how you think about yourself that will allow you to overcome situations.

THE SCIENTIFIC POWER OF SELF LOVE

Dr.Emoto is a scientist that spoke different words to water, and then super-cooled it into ice crystals. The crystals were altered in different ways based on what the water was told. When we examine Dr.Emoto's water experiment, we see that what we tell our selves has an impact on our entire body down to a molecular level. The human body is 60% water--what we tell ourselves is impacting our entire body down to a cellular level. When we look at the concept of Neuroplasticity, we are creating pathways in our brain based on the way that we think. If you start working with yourself think into positive pathways, it will become more natural for you.

SELF LOVE TECHNIQUES

-Be an "observer" of your thoughts. Recognize when you start looping into negative self talk. Reroute that thinking into things that you appreciate about yourself and gratitude.

-"I am" mantras are a powerful ways to empower yourself. Try thinking of something that you are struggling with. Instead of saying "I can't do this," think of the exact opposite.

If you're struggling with procrastination, "I am a procrastinator," turns into "I am good at managing my time, I am productive." Meet your words with action, empower yourself. It is a way to boost confidence.

-Give yourself time. When you do not meet your expectations, let it go and try again instead of being hard on yourself. Recognize that even failure is part of the process. We are all growing and here to learn lessons for a reason; we are perfectly imperfect-everyone is. Take time to celebrate your victories, especially when you are feeling down.

How To Use Self-Love Mantras

First, notice negative self-talk. Let's say you find yourself being self-critical at the gym, thinking, "I should be able to go faster than this." Catching that negative voice red-handed is so important because awareness is the first step to making any sort of change.

Second, use a neutral phrase instead. In the above gym example, for instance, you could move away from a judgmental tone with a neutral phrase, like "This is how fast I am going." Or, say the negative thought was a comment on how your thighs look in the gym mirror—a neutral phrase would be "My thighs enable me to walk."

Next, say a self-love mantra that will help you to rewire those neural pathways. Choose a mantra that feels authentic. It may feel uncomfortable and silly at first, and that's okay!

50 Self-Love Mantras

I love myself.

I am enough.

I can be healthy at any size.

I am worthy of love.

I'm worth it.

Body, you are enough.

I have everything I need.

I choose to be happy.

I am worthy of good things.

I can choose positive thoughts.

I let my happiness be visible to others.

I am strong.

It's okay for me to trust myself.

I can do this.

I've got this.

I am capable.

I am becoming

I am confident in my decisions.

I surround myself with loving people.

I have everything it takes to get through this.

I am not my thoughts.

I am not my emotions.

I am in control of my actions.

I am loved, just the way I am right now.

I am open.

I am a success.

I will continue to learn and grow.

I deserve a good life.

I am growing and changing.

I love the person I am becoming.

I believe in myself.

I believe in my skills and abilities.

I have great ideas.

I make useful contributions.

I acknowledge my own self-worth.

I am worthy of all good things that happen in my life.

I deserve the love that I am given.

I let go of the negative feelings about myself.

I accept all that is good about myself.

I will stand by me.

I will stay true to who I am.

I am thankful.

I am blessed.

Every day is a new beginning.

I will observe myself free of judgment.

I manifest the things I want.

I am in the right place.

I am in the process of making positive changes.

I choose self-love.

I choose me.