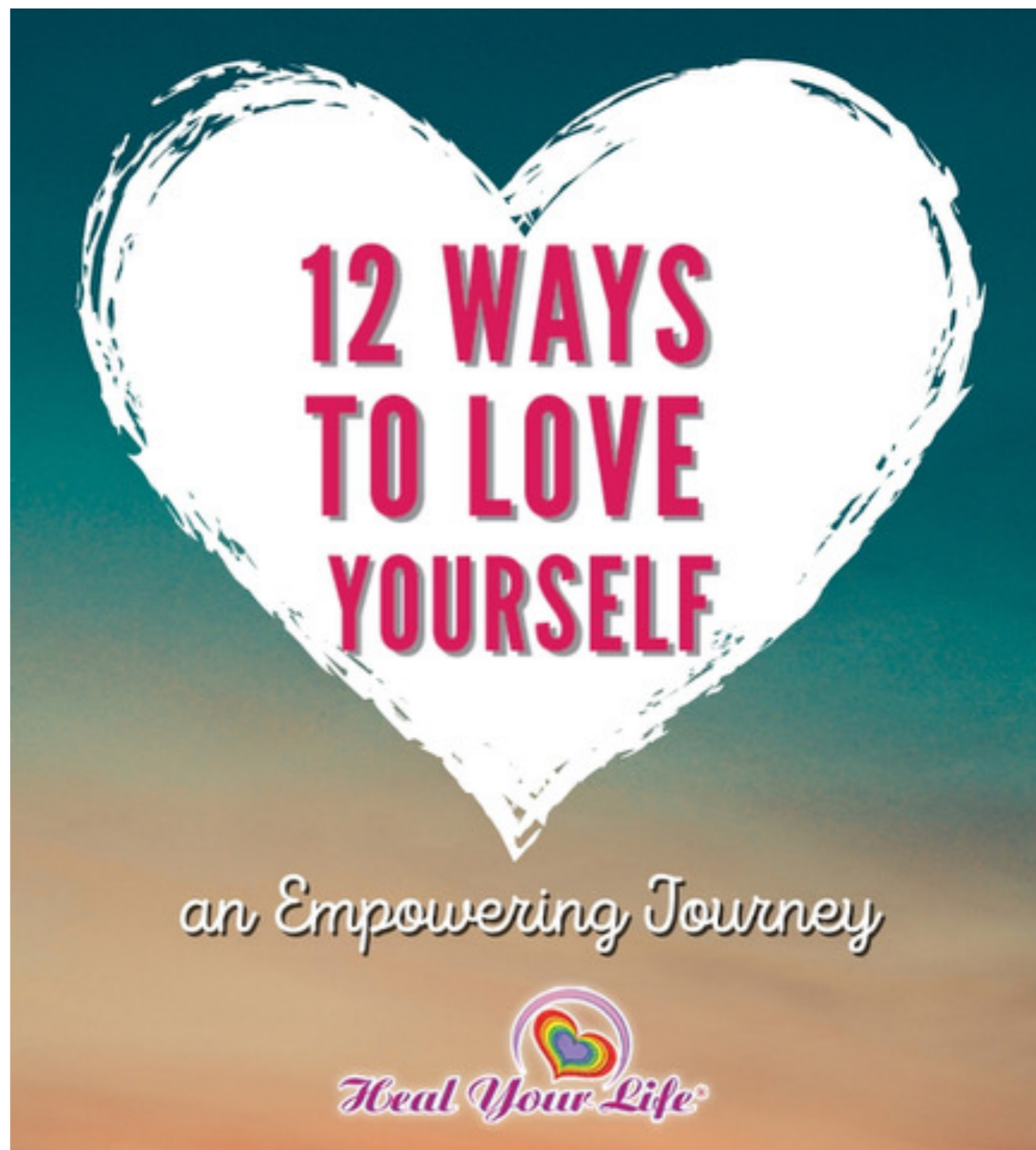


# 12 ways to love your self.

By Louise Hay



# 1. Stop all criticism



**STOP**

Criticism never changes a thing. Refuse to criticise yourself. Accept yourself exactly as you are. Everybody changes. When you criticise yourself, your changes are negative. When you approve of yourself, your changes are positive.



## 2. Forgive Yourself



Let the past go. You did the best you could at the time with the understanding, awareness & knowledge that you had. Now you are growing & changing and you will live life differently.

## 3. Don't scare Yourself



Stop terrorising yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives your pleasure (mine is yellow roses), and immediately switch your scary thought to a pleasure thought.

# 4. Be gentle, kind and patient



Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat **yourself** as you would someone you really loved.



# 5. Be kind to your mind

Self-hatred is only hating your own thoughts. Don't hate yourself for having the thoughts. Gently change the thoughts.

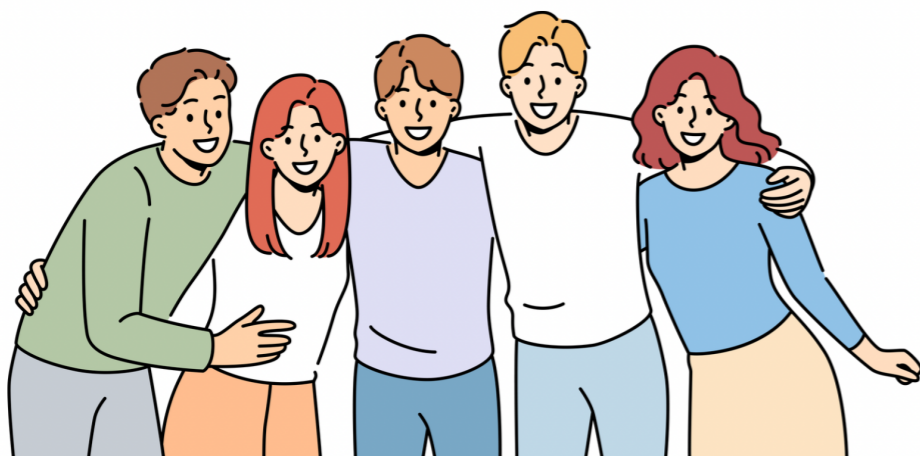


# 6. Praise yourself



Criticism breaks 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.

# 7. 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.



# 8. Be loving to your negatives



Acknowledge 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.

# 9. 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.

# 10. Mirror Work



Look into your own 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!"



# 11. Love yourself - do



Don't wait for until you get well, or lose the weight, or get the new job, or the new relationship. Begin NOW- do the best you can.

## 12. Have fun



Remember the things that gave you joy as a child. Incorporate them into your life now. Find a way to have fun with everything you do. Let yourself express the joy of living. Smile. Laugh. Rejoice, and the Universe rejoices with you.