

The Self-Love Starter's Kit: Gift 1

Self-love is the active process of being kind to yourself; where we practise accepting ourselves and showing ourselves compassion and love, regardless of our actions or behaviours or current life circumstances. It's about entering into a relationship with yourself where we're willing to listen to the loving wisdom of our heart - as opposed to the gunky thoughts of the mind - and then actually follow that internal guidance. When we do this, we feel worthy and whole with a deep trust in ourselves and our life in general.

Now a key part of being kind to yourself, is learning how to communicate more lovingly to yourself. We are *always* in conversation with ourselves. Our mind is constantly telling us things by way of 'thoughts', and unfortunately for most people, many of these thoughts are of a negative nature, such as 'I'm not good enough', 'I'm not loveable' or 'I'm alone'. The problem with having a negative internal dialogue, is that it impacts *everything* we do, and *everything* we experience in life.

In fact, our thoughts are so powerful, they *create* our physical reality! For instance, if you feel like you aren't good enough, then you'll act in ways that reflect this. Perhaps your dream job becomes available and you don't apply because you don't believe you're good enough for the position. Or, you meet your dream guy - he ticks all the boxes - but you don't continue a conversation with him, because you don't believe he'd be interested in you. You don't feel worthy of his affections.

As you can see, it's these kinds of thoughts - these negative conversations we have with ourselves - that get in the way of us creating a happy and successful life. How we speak to ourselves - out loud and through the thoughts we have on repeat - play a huge role in how we *feel* about ourselves. Instead of feeling joyful and uplifted, the barrage of negative thoughts pull us down, drain us, and essentially lead to self-sabotaging behaviours, like I mentioned.

We'll explore this in more detail in the *next* gift I share with you, but the key thing you need to know now, is that in order to change the quality of your life, you need to change the quality of your thoughts. You need to be willing to engage in a more positive dialogue with yourself. And a beautiful way of starting to break the habit of self-criticism and self-judgement, is by starting a **Love Journal**.

The **Love Journal** is an exercise - a tool - I share with all of my one-on-one clients as a first step in changing one's dialogue with themselves. It's simple, only takes a couple of minutes (or less), and if practised daily, has the ability to completely shift how you see yourself, so you can stop the self-hating, and start self-loving. So let's explore..

THE LOVE JOURNAL

An exercise in self-love!

Firstly, you'll need to get yourself a blank journal or notepad and a pen, and keep them next to your bed. Each night before you turn off the light to go to sleep, simply take a few minutes to write down three things you love about YOU! Don't think too hard. See if you can allow the words to just spill out onto the page. This exercise is about *consciously* being kind to yourself. Consciously taking the time to say loving statements to yourself. Reflect on the things you *love*, as opposed to focusing on the things you don't love so much.

A lot of us tend to do significant internal beat-up, and it's *this* beat-up that weakens our belief in ourselves. We need a strong self-belief in order to achieve and be happy. So the things you write in your journal each night might be things like: 'I love how I handled that situation today', 'I love that I'm gifting my body an early night's rest', 'I love my eyes', 'I love the way I interacted with that person today', 'I love how those shoes look on my feet', OR: 'I love my big toe!' Anything that you love, write it down.

By writing three positives before bed, you're ending your day on a positive note. Not only does that make you feel good, it might even help you sleep better! Too often we spend our time focusing on the negatives of our day, and we forget all the great things that happened. This is where we *reverse* the process and instead focus on the positives. Because the more positive you think, the more positive your

life will be. **Your thoughts really do create your physical reality.**

Now... chances are, after a few nights you'll feel like you can't think of anything else to write down. This happens to every single one of my clients! So please know, if this happens to you, this is all part of the process, and is not a reason to stop writing in your **Love Journal**. When it gets difficult to find something new to write down, get creative! Get grateful! Think outside the box. For example, 'I love that I have a roof over my head,' 'I love that I could afford to buy this notebook I'm writing on,' 'I love how I feel when I'm out in nature,' 'I love that I'm committing to this Love Journal!'

One way to get the creative juices flowing, is to write down EMOTIONS, HEALTH, RELATIONSHIPS, FINANCES, CAREER, and SPIRITUALITY. Then find things you love about those different areas of your life. Even if money is a struggle for you, it can be as simple as saying 'I love that I can afford to feed myself,' or 'I love that I have enough money to live.' If you hate your job, you might write 'I love that I have a job to get me by, until I find a job that truly inspires me' or 'I love that I get paid each week.'

If you're having health issues, write down something that is working for you. 'I love that I'm still breathing.' 'I love that I have a body.' When we focus on what we do have as opposed to what we feel we're lacking, we move into a new energy that has us attracting more of what we want. Because like attracts like. If we want to be financially free, we need to feel rich from within. And when we're able to tap into our *inner* abundance, then we'll start to see more opportunities where we can increase our physical wealth.

But that won't happen, until you're willing to...

COMMIT TO LOVE

What I'm saying, is that you need to actually do this exercise. You need to *commit* to writing in your **Love Journal** each night. Because self-love isn't something you do for a week or month or a year, and then it's all taken care of. Just like if you want to get physically fit, and *maintain* that fitness, you need to continue to exercise. And self-love is no different. We need to continue to exercise our love muscle; to practise feeding ourself loving words of praise and heart-felt reflection.

And for that reason, I really encourage you to not simply do this **Love Journal** for a few days, a week or perhaps a month. But to actually make it part of your daily routine. Let it be a beautiful bedtime ritual you do at the end of your day. If you have children, you may like to do it as a group activity. It's little rituals like this, that we plant throughout our day, that make the biggest difference, and give us the facilities to be able to grow our self-love more and more. And because this practice is so quick, it's really easy to sneak into your day.

I also find that the **Love Journal** is a lovely resource to call upon when you're having a bad day. If you're feeling down, or overwhelmed, or indulging in fear-based thinking patterns, pull out your **Love Journal** and let it be a potent reminder of why you're so AWESOME!! Sometimes that little reminder is all we need to help lift us out of the negative thinking patterns that cloud how we see ourself. So we can connect with all we do have.

So how can something so small, be so effective? Because...

IT LOOSENS OUR CONDITIONING

You see, we get taught from a very young age to judge people and things as good and bad, pretty and ugly, right and wrong, good enough and not good enough. And it's these fear-based thinking patterns - this *conditioning* - that gets programmed into our subconscious mind. Then, because our subconscious mind is responsible for 90% of our thoughts, actions and behaviours, we spend our life playing out this childhood conditioning.

Instead of seeing ourself as whole and complete, gorgeous and intelligent, we feel 'less than'. We judge ourself. We engage in activities that don't serve us. Yet, by writing down three things we love about ourself each night, we start to re-wire that negative voice. With repetition, the childhood conditioning begins to loosen. And what's really great about the **Love Journal**, is that *anyone* can do it.

Copyright © 2020 Tamra Mercieca & The Getting Naked Online School. All rights reserved. Self-Love Starter's Kit Gift 1 **2 of 3**

You don't need any particular training or education or fancy equipment. You don't need to dedicate big chunks of time to it.

All you need is a pen and paper, and the willingness to commit to the practice. Like when you work out at the gym, the more weights you lift, the stronger the muscles get. It's the same with your brain. The more often you repeat positive statements, the stronger they become and the more positive you become overall. If you're positive, you're going to be more positive about life, and this will be reflected out there in the world.

Even science says that focusing on positive things in our life, and showing gratitude, is good for us. Like REALLY good for us! When we shift our focus from fear-based thinking to love-based thinking it puts the body into a state of healing, that contributes to lowering stress, dissolving depression, reducing inflammation in the body, and helping us feel stronger in our decision making. Many of my clients also report it leads to them receiving more compliments! And this is because we're essentially practising...

BEING GRATEFUL

The **Love Journal** is a practice in gratitude. When we're feeling grateful, it's impossible to feel bad. Our energy shifts. And the truth of the matter is, in order to attract in a happy, healthy life, we must live in gratitude. So if you feel there's nothing you love about yourself or your life, just open your eyes and look around you.

It's hard to see the great things in your life when you're stuck in a negative spiral down, but start with simple things, such as 'I love that I have running water', 'I love when my dog cuddles into me when I get home from work', 'I love the sound of my chimes when the wind blows' or 'I love that my bus was on time today'. While you want to work towards writing down things directly about yourself, this is a really great place to start, if you find this exercise difficult.

With practise and commitment, this exercise will become easier and easier, and much more enjoyable. In fact, if you stick with it - which I hope you do, for there are so many rewards - then you'll come to LOVE writing in your **Love Journal** each night. And in doing so, you'll have begun the magical process of re-wiring your internal dialogue. Shifting your perception of yourself, and thus, moving into a more loving way of journeying through life.

So start simple. Start writing down three things you love about yourself every night. If you want to plant a field of tulips, you need to start by planting the first one. Consider this **Love Journal** as that first seed, being planted into your subconscious; letting your subconscious mind know that you're ready to grow your self-love, three positive love-statements per day! Invite the magic of the **Love Journal** into your life, and simply notice what unfolds!

And if you LOVE this practice and want to delve deeper into self-love, check out [The Self-Love Meditation Course](#). This course builds upon what you've learnt here, by teaching you how to fill yourself up with love, so you can have love on tap! Because hey, life can get a little crazy sometimes, and it's really easy to become unstuck and lose centre.

In *The Self-Love Meditation Course* you'll learn how to meditate, yes. But you'll also learn how to invite that practice into daily living, so you can quickly shift how you *feel*, so you can then resolve the problem at hand. What I'm saying, is when you find yourself feeling bad - anxious, overwhelmed, angry, fearful, completely stressed out - you can quickly (and when I say quickly, I mean in under a minute) bring yourself back into a loving state.

In one of my first trainings I was taught that when emotion increases, intelligence decreases. And this is so true. If we get caught in an emotion, we can't think clearly, and are more likely to make bad decisions and act in harmful ways. That's why I believe everyone should have this tool I teach in *The Self-Love Meditation Course*, as it makes life far easier, and far more joyful. So if you resonate with what I'm sharing, I can't wait to guide you deeper into self-love.