

VEIL *of* CHANGE

Creating Change In Your Life

LIFTING THE VEIL OF CLARITY

How to Love Yourself and Create Change

Do you feel unworthy? Do you self criticize constantly?

Have you ever asked yourself why?

Do you realise that loving yourself is not a selfish act; it is the only way to **be**.

Lack of self love can lead to making harmful choices. A lack of self love often equates to lack of self worth leading to conscious or unconscious self sabotage.

It is important to have the commitment to accept and love yourself as you are, before you can make any other decisions in life.

You can't give something, you do not have. If you have no self-love then how can you love another?

What is Self Love?

In order to create change you need to love yourself first. If you don't love yourself then how can you expect others to love you?

Accepting and loving yourself can directly affect your relationships, your free time, your work, your future.

If you base your self worth on external measures you will be unable to learn self love

Feeling worthy, feeling love, feeling acceptance always comes from within. Look at yourself with fresh eyes of love, self perception and self awareness in order to achieve the happiness and the love you want.

Self love is simply acknowledging that it is alright to be yourself. Make a point of spending your free time in doing what makes you happy. Allowing yourself to laugh, allowing yourself to really be yourself.

How can Self Love create change?

As in all cases, as in all situations, there is always choice. Making a conscious decision to make your life work for you is a choice in itself.

You can choose to make it work and go about changing your habits in order to effect the change.

One way to achieve that goal is to love yourself first. By loving yourself first you are starting the process of change of within.

Try following these basic principles:

Choose to like whatever it is you are doing now

- *Your attitude goes a long way towards your enjoyment*

Learn about your false beliefs

- *Ask yourself “what is causing these feelings of guilt, depression, anxiety?”*
Allow the answers to come from inside

Practice doing what you can to love yourself

- *Honor what it is you want to do and do it.*
- *Take those steps to do what you like doing, so you can have enjoyment in your life.*

Most of us at some time become different people in order to keep others happy. Ultimately once you are mature it is your own responsibility to make your life what you want it to be.

Work out what it is you love doing, what is your passion. If it painting, reading, exercise or just mixing with friends. Whatever it is make sure that you do it.

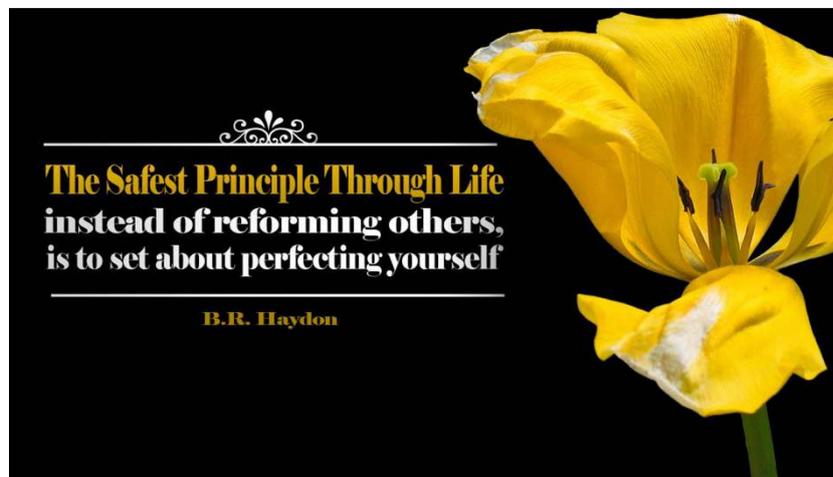
If your work is not your passion, find ways to enjoy it and do your passion as a hobby – don't discount it out of your life. Sometimes people can make their hobbies into paid work – and love it at the same time.

By doing the things you love, you are expressing yourself, and you will feel the feelings of joy and excitement, you will have the energy you need to do the things you love.

Nobody is born with a label that says “You will succeed”
No-one says to you ‘You can’ or ‘You can't’ - the only one who says that is **You**

“You don't need to be accepted by others, you just need to accept yourself”

– Thich Nhat Hanh



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