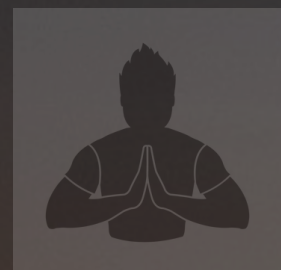


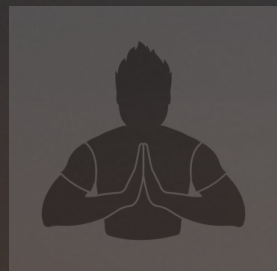
6 STEPS TO BUILDING SELF LOVE INTO YOUR LIVES



Furkhan Dandia

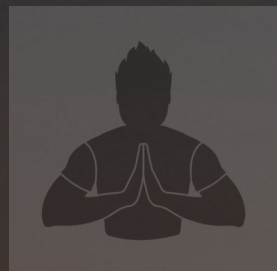
1. Expectations:

Expectations are one way of outsourcing love for ourselves. It is externally focused and often conditional. Anytime we expect something, we set ourselves up for disappointment because things will not end up as we envision. We need to accept what is.



2. Comparisons:

Comparisons are another way we project love for ourselves externally. When we compare ourselves to others, we indirectly tell ourselves that whatever we have in our life or who we are is not good enough. That narrative of good enough is what holds us back from loving ourselves.

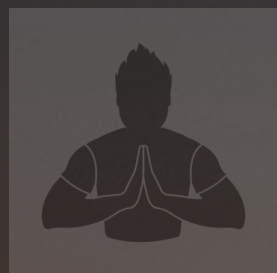


3. Forgiveness:

Forgiveness is how we find liberation.

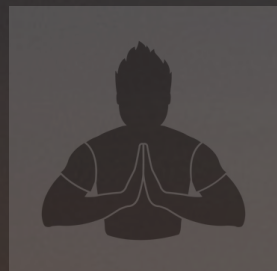
Forgiveness allows us to move on from things that were not our fault and take responsibility.

Forgiveness will enable us to let go of the past. We often cannot forgive others because that would mean forgiving ourselves.



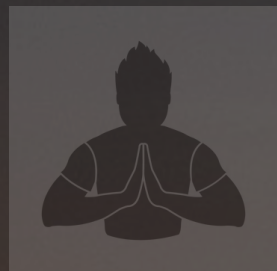
4. Humility:

Through humility, we can stay open to growth and lessons. Part of self love includes constantly nourishing ourselves with growth and never letting our ego take over. We give away love for ourselves when we let our egos direct our lives.



5. Stillness:

In stillness and solitude, we can find peace within ourselves. The gift of presence in stillness allows us to find gratitude and acceptance. Through stillness in solitude, one can become grounded and seek alignment internally. The result of this is more love for oneself.



6. Connection:

The one thing we all desire is connection. By connecting with ourselves, we can give that love we would otherwise outsource externally.

Connection with self is crucial for many people, especially if the tendency is to people-please or seek approval from others. These tendencies are a result of shame and prevent love for oneself.

