



30 DAY

LOVE CHALLENGE

Day 28

Self Love





**“Life isn’t about finding yourself.
It’s about creating yourself.”**

~ George Bernard Shaw

**“We don’t see things the way they are.
We see them the way we are.”**

~ Talmud



WHAT IS Self Love?



**The instinct or desire to
Promote one's own well-being,
Regard for or love of one's self.**

~ TheFreeDictionary.Com

”The Worst Loneliness

**is not to be comfortable
with yourself.”**

~ Mark Twain



”We Accept The Love



We think we deserve.”

~ Stephen Chbosky

How Would Your Life Be If You



Think You Cannot Change

Believe You Are Inherently Bad

Feel Incompetent And Inadequate

Think You Are Deficient And Unworthy

Believe You Do Not Deserve Love

Feel You Need Others To Soothe You

How Would Your Life Be If You

Know you are loved and lovable

Believe you can love and be loved

Feel unique, special and worthy

Know you can soothe yourself

Believe you can take care of yourself

Feel passion and joy in being alive



When You Love Yourself

You Know What

You want and desire
Makes you smile and laugh
Inspires and excites you
Brings you pleasure and joy



Understand Self Love

Know Your Own Value

Refuse to allow self-sabotage
Review recurring messages
Find the causal person or event
Don't allow others' negativity in

Create Your Self Love Defense



Learn To Love Yourself



Believe In You

**Speak kindly to you
Praise your own efforts
Find positive evidence
Soften your inner voice**

No Matter What Is Happening

Practice Self Love

Reflect On Your Good

List your positive traits
Give yourself permission
Celebrate you with rewards
Have a plan to handle setbacks
Do what makes you feel good



Take The Time You Need For You

Affirm You

Create Self Love Affirmations



**Sit quietly and breathe deeply
State your self-love affirmations
Release negative thoughts
Recall others' positive words
Repeat those positive words
Re-state your affirmations**

Allow Positive Words To Fill You

Expand Your Self Love

Every day reaffirm your self love
Be emotionally honest and breathe
Enjoy health enhancing activities
Surrender and stop resisting life
Accept uncertainty, release control
Forgive and appreciate yourself



Dedicate Your Life To Loving You

Go Where You Are Celebrated



Don't Chase People

**“Don't chase people.
Be yourself,
Do your own thing
And work hard.
The right people –
The ones who really belong
In your life –
Will come to you. **And stay.”****



~ Will Smith

Celebrate You

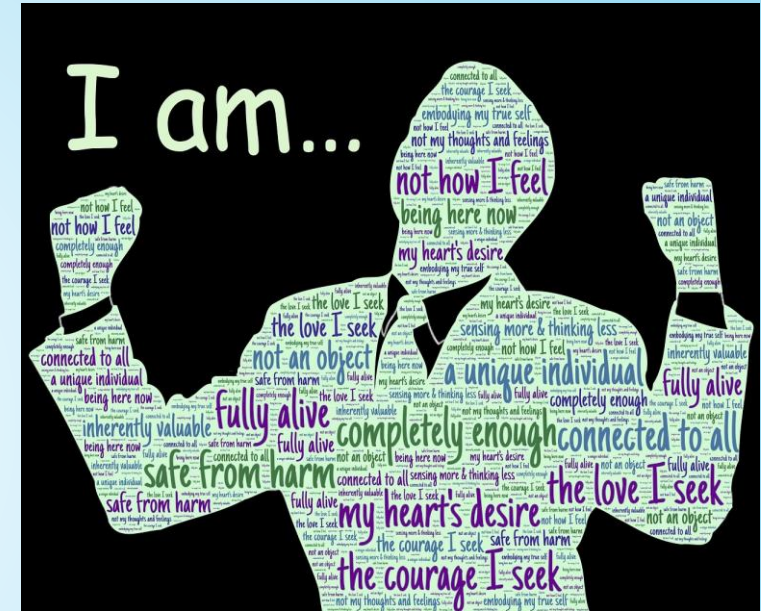


**“To love oneself
Is the beginning of
A lifelong romance.”**

~ Oscar Wilde

How Healthy People Love

Accept self and others as we are
Feel fear and handle the situation
Allow and cope with uncertainty
Express and self-soothe emotions
Don't depend on others to survive
Face life's challenges relying upon self



This 30 Day Love Challenge is Serious and Life Changing

You will see amazing results

If you seriously intend to

Expand your loving – and -

Love fearlessly and openly



As We Close **Remember**

Start each day focused on love
In every moment feel the love
End each day realizing love
Every day repeat the love pledge

Start Each Day **Focused on Love**

In every moment ask...

"What would love do now?"

For Me

Knowing all that I do brings me

Closer or further from love

End Each Day
Realizing the Power of Love
Review The Moments You...

Turned away from love

Shared your love freely

Felt loved by others

The Love Pledge

Every Day I Develop Greater

Awareness and communication

Acceptance and forgiveness

Compassion and tenderness

Love, trust and respect

For My Self And For Others

Love Agenda for Today

**In Your Love Habits Journal
Nurturing My Self Love**

Create Your Self Love Affirmation

Sit Quietly, Breathe Deeply And Affirm You

Share Your Self Love Affirmations In FB Group



Dr. Erica Goodstone

RELATIONSHIP HEALER

Helping You Heal Through Love



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