

# How to Love Yourself

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## **Stop all Criticism**

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

## **Don't Scare Yourself**

Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure and immediately switch your thoughts to pleasant ones.

## **Be Gentle, Kind and Patient**

Treat yourself with patience, gentleness and kindness. Treat yourself as you would someone you love.

## **Be Kind to Your Mind**

Self-hatred is only hating your own thoughts. Gently change your thoughts to more loving ones.

## **Praise Yourself**

Criticism breaks down the inner spirit. Praise builds it up. Tell yourself how well you are doing with everything.

## **Support Yourself**

Reach out to friends and allow them to help you. It is being strong to ask for help when you need it most.

## **Be Loving to Your Negatives**

Acknowledge that you created them to fulfill a need. Now you are finding new positive ways to fulfill those needs. Lovingly release the old negative patterns.

## **Take Care of Your Body**

Learn about nutrition. What does your body need to have the optimum energy and vitality? Learn about exercise. Cherish the temple you live in.

## **Mirror Work**

Look into your eyes often. Express the growing sense of love you feel for yourself. Forgive yourself for all as you look into the mirror. Once a day say "I love you" at yourself in the mirror.

## **Do It Now**

Don't wait till you get well, lose weight or get a new job. Begin now, do the best you can.