

How to Love Yourself

Louise L Hay

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.

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