

# How to **Learn** to Finally **Love** **Yourself**

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How to *Learn* to Finally Love Yourself



**Self-love** is recognizing the areas in my **life** that need **healing** and **growth**.

It's not easy to **look** inside to **learn** about what we need to shift, yet it's the only way to stop the **pain** cycles we get caught in.



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When I talk about  
**self-love** and  
**understanding** I don't  
necessarily mean  
blindly **loving** and  
accepting **ourselves**  
the way we are.



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Gain **real** perspective on  
your **relationship**, start  
looking at it for what it is  
versus what it isn't; maybe  
what looks **mediocre** is  
your own expectations of  
what your **life** should be,  
and you might be missing  
all of the **joy** and **gifts** of  
what it is.



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Maybe the **worst** outcome we can suffer from when our **self-love** tank is **empty** is copying **behaviors** that could be seen as addictions to try and fill our tank.

Nothing works until we find the **gift** of **loving** and nurturing the **relationship** with ourselves first.





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No one can fill our tank; only we can. Our **“self-love”** tank leaks because of **shame** and our **beliefs** about our **good enough** measure.





# How to *Learn* to Finally Love Yourself



When I **love** myself, I **value** myself enough to set **boundaries**, say no when I need to and manage my ability to show up with others. In actual fact, when I **love** myself, I have inner **peace** and **acceptance**, allowing me to **love** others.





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When I **love** myself, I start building intimacy with myself. I can be **peaceful** in my own skin. I don't defend and protect myself all the time. My inner critic or judge is quiet because I know **who I am.**





# How to *Learn* to Finally Love Yourself



If we keep seeing  
ourselves for who we are  
not, we will never be able  
to show up with  
**confidence** and **peace** in  
who we are, which is more  
powerful and potent than  
any perfume or makeover!





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We suffer from **not being good enough** because we will fear rejection based on what others see. The only way to overcome **good enough** is to fall in love with who we really are. The only way to not compare is to recognize that we are perfect in how we have been formed and that each person has their own challenges around **acceptance** and **love**.



How to *Learn* to Finally Love Yourself



I have found that  
we are the most  
**beautiful** when  
our inner **beauty**  
**shines** through.



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# How to *Learn* to Finally Love Yourself



I don't think we **love** what we see because **we don't see who we are**. We see what we are not. We compare ourselves to others and forget to see the **beauty** in who we are. How often have we met someone, and as their essence **shines** through, we see how **beautiful** they are?





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**Grab a copy of "Grow Me" Book now!**

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