

# Beginner's Guide to Self Love

This book is a foundation for recovery, self-growth and manifesting your dreams into reality

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## What is Self love?

Self-love is one of these concepts that you just get. You don't logically understand it. You feel it.

In my case I read about it, I practiced what was suggested in books and articles, and then one day I just got it. My mindset shifted. And I started loving myself. Just like this.

Many people (as I used to) think they love themselves, but what we feel is rather the liking of self.

When you manage to lose a few kilos, when you do your hair and make up and look great – you like yourself.

When you achieve something big – you like yourself.

When you help another person – you like yourself.

But what when the opposite happens?

If you put on a few kilos, would you still look in the mirror with the love and appreciation? Do you like yourself even when your hair is messy and you got a few pimples on your face?

Or what when you acted really mean to somebody – do you still like yourself then?

What we often take for self-love is a conditional liking of the person we are.

Instead of pure love, we judge ourselves because this is how we were conditioned to be since childhood. If we do something right, we reward ourselves with love. But when we do something bad, we punish ourselves by taking that love away. We become the harshest punisher in our lives.

True love is an unconditional feeling of love, appreciation and acceptance for yourself. What does unconditional mean? That no matter what you do, you always love yourself with the same strength. You

accept your dark and your light as equal and you value both sides of yourself no matter what.

Now I know it might make sense when you read it, but you might be wondering – how do you get to that point? How can you “get” it?

### How I got into Self-Love

It was two years ago when I began binge eating to cope with depression after my breakup, daily stressors and negative emotions. After struggling with this for about a year and a half, I came to a point where change was needed and so I became interested in self-love as a form of recovery.

I slowly started practicing these six techniques that I am going to share with you today. It took some time to really get the hang of them though. I felt like as soon as I started making some headway, I

would just sabotage myself. Perhaps you can relate to this cycle of progression and disruption. It was like I was running straight into a wall rather than jumping over it.

Learning ways to love myself more and more each time, has helped me stop running into these dead ends and finally make a genuine recovery from binging and looping into the same negative thought patterns.

## **7 Ways to Practice Self-Love**

### **1. Journaling**

I like to think of journaling as finding a friend within you. Many people call it “the inner child”. I always bring this up on my blog so take a look if you are

interested click [here](#).

You do not need to get a hold of a trustworthy friend, but rather, just simply turn to your journal. In a writing session you can express things that you might be bottling up inside or might not want to share with others.

Journaling provides you with a healthy way to express your thoughts, feelings and emotions. I find that if I'm waiting around to run an idea by a friend or family member before taking action, that action is significantly prolonged. But if I simply begin writing about my idea, I will work through any doubts that I have and feel more confident in my steps of action.

If you are looking to make a lot of headway and experience an extreme amount of self-growth in a short period of time, I highly suggest that you start journaling. To begin, decide how often it is that you want to journal. Once your

intention is clear, set your goal in stone by writing it down somewhere that you will see it every day. Eventually it will become second nature to turn to your journal whenever you are feeling the need to express something.

## **2. Meditation**

Meditation is a helpful tool for everyone, especially those who are dealing with extreme stress, anxiety, depression, and trauma.

To practice seated meditation, first find a comfortable place to sit for 10-20 minutes. Close your eyes and begin focusing on your breath. Allow all thoughts to fade away. I like to use the example of sitting in a chair in the center of a room with white walls, ceiling, and floor. Whenever a thought pops into the room (your mind), continue sitting in your chair and just

simply allow that thought to pass by you and exit the room.

By focusing on your breath rather than a specific thought, your body will naturally begin to calm itself. This deep relaxing of the body takes place at a cellular level.

The prolonged positive effects of meditation can truly enhance your quality of life. Engaging in things that put you into a meditative and calming state can be supplementary to seated meditation.

There are many different ways to meditate and you can choose what you resonate most with. Check this video for an alternative technique: [click here](#)

### **3. Mindfulness**

Calling all multi-taskers! Have you ever realized that you can do things more efficiently if you are doing them one at a time? Picture a pie chart that represents where your energy is split up into different



places. When you work on completing multiple tasks at the same time, your focus is naturally split up into separate responsibilities. It makes sense that each thing will take a little while longer to complete since no individual task has your undivided attention.

This is where mindfulness comes in. To be mindful of your behavior you must be present in this very moment. By avoiding distractions and simply focus on one thing at a time, you will find yourself being more productive and even more grateful!

One of the many tasks that can be done mindfully is preparing meals. Making food is to be done without talking on the phone, listening to TV in the background, etc. Imagine how much more love will be put into your food if you are giving more energy into it!

Getting ready for the day is another task that can be done mindfully. I encourage

you to try this tomorrow morning. Go through your entire morning routine without watching TV and without picking up your phone to check your text messages or scroll through your social media feed.

Driving mindfully is one task that will not only benefit you, but everyone else on the road as well. I'm sure by this point you can guess what driving mindfully looks like... no distractions!!! And if there are any, just add them to the background without giving them any definition.

Other Mindfulness  
Practices:

- Walking

- Dancing
- Reading
- Driving
- Grocery Shopping
- Nighttime Routine
- House Cleaning
- Exercising

#### **4. Taking Time For Yourself**

Many people will go through life doing everything they “should” be doing, but nothing that they truly want to be doing. These people will frequently feel very stressed, anxious and like the world is rather heavy on their shoulders. Perhaps you know somebody like this, or can even

relate personally.

By taking the time to do the things you truly want to be doing on a weekly (and eventually daily basis), you can alleviate anxiety in your life. In addition, you can prevent stress from building up and feeling unmanageable.

I encourage you to make a list of things that you have wanted to do for quite some time now (ex: hiking, drawing, yoga, sitting in the sun, etc). Be sure to write your list down so that you can make sure you are following through with doing these things for yourself, slowly working your way up to doing this more frequently (daily). Take note on how different you feel after doing these things!

When I say treat your body well, I am thinking of three things specifically: Fueling yourself with the proper food, moving your body, and stimulating your mind.

Let's start with nutrition. Have you ever noticed yourself feeling incredibly lazy and tired after a big, comforting meal of something particularly unhealthy? How about feeling energized and light on your feet after a big smoothie or fruit salad? Diet matters! It can change your entire outlook on life along with the way your body functions on a cellular level. Eating fruits and vegetables in their natural state (raw) can heal anxiety, depression, bipolar disorder, heart disease, obesity, cancer and more.

Daily exercise will provide you with those "feel good" endorphins, self-esteem, and increased metabolism. Start now, set your goals, get going & don't forget to stretch!

To stimulate your mind, pick a new book and get reading! I also suggest that you start having deep and meaningful conversations with people who inspire and motivate you. This is a great way to

gain new insight on how to move closer to your ideal version of yourself. 😊

## **Become aware of your inner voice**

Be aware how you treat yourself. We all talk to ourselves in our minds, but we are not always fully conscious of that voice. Pay attention to what it's saying.

Notice what you tend to tell yourself most often. What do you say when you do something amazing, and what when you fail.

Here are a few situations in which you should keep awareness of your inner voice:

- When you wake up and look in the mirror
- When somebody is mean to you
- When you are mean to someone
- When you act on your anger

- When you see a person in need but you keep walking without helping them
- When you put on weight
- When you make a mistake at work
- When you eat some unhealthy food
- When you skip your workout session
- When you lie to somebody
- When you make someone cry
- When you feel lazy etc

Are you still loving and caring towards yourself in all these moments?

The things you hear in your head now have been there your whole life. You might have not paid attention to it before – in which case you might be shocked to hear some of things you say to yourself.

But the truth is, that you've been feeding yourself these messages for years. And the more we hear something, the more we believe in it. Which means that all those

negative things you say to yourself have become your strongly held beliefs.

But you can change them. Step by step.

Now that you are aware of your inner voice, next time you catch yourself saying something nasty to yourself, pause, and say “cancel, cancel, cancel, cancel and clear, clear, clear, clear”. It sends a message to your subconscious mind to ignore what you just thought.

After cancelling, say a new thing to yourself – this time a supportive, loving and caring message. And just keep doing it.

I know that at first it might seem like a lie, that’s ok.

Keep doing it and over time, you’ll become neutral to the message and finally you will believe it.

Treat yourself like a child



People often ask how should they talk to themselves. After being so harsh on ourselves we don't know what that new voice should be like.

So to help you change the tone of your inner voice, imagine yourself as a child. Some people call it your inner child. Tuning into that inner child allows you to look at yourself without judgement.

You see yourself as this little, vulnerable being, that simply wants to be loved.

The moment you envision yourself as a child, you'll notice that the harsh judgement melts away. It's that simple!

After all, we all have inner children in us. There are needs that were never met when we were very young – and we carry these needs into our adult lives. We might suppress them, push them into subconscious and not even realise they are there – but I guarantee you, there are.

Treating yourself like a child allows you to cater to those needs.

## **5. Treating Your Body Well**

When I say treat your body well, I am thinking of three things specifically: Fueling yourself with the proper food, moving your body, and stimulating your mind.

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disorder, heart disease, obesity, cancer and more. Click [here](#) for my recipe book.

Daily exercise will provide you with those “feel good” endorphins, self-esteem and increased metabolism. Start now, set your goals, get going & don’t forget to stretch!

To stimulate your mind, pick a new book and get reading! I also suggest that you start having deep and meaningful conversations with people who inspire and motivate you. This is a great way to gain new insight on how to move closer to your ideal version of yourself. 😊 Check my latest article on how to deprogram your Subconscious mind click: [here](#) for more.

## **6. Saying Goodbye to Those Who Do Not Support You**

It is easy to become attached to relationships (any kind of relationships)

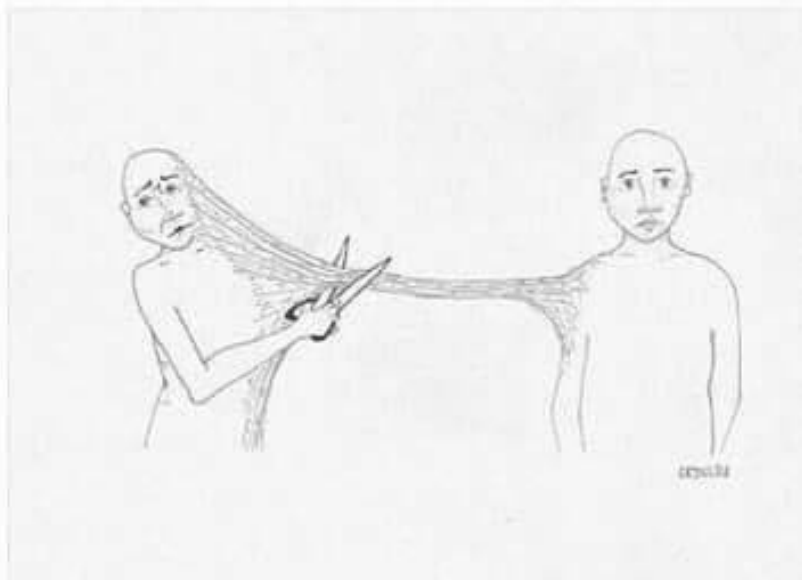
that might not be helping us grow or supporting us. But when it comes to self-love, it is important to be aware of this tendency and make sure we do not fall into this unhealthy habit.

It is vital to be in a nurturing environment as much as it is humanly possible. When we bounce an idea off of somebody, we want him or her to build us up and be supportive rather than shoot down our idea. Having people that you can truly depend on, trust, have as cheerleaders is a sure sign that you love and value yourself.

So the question is, how do I say goodbye? Well, this will come naturally once a foundation of self-love has been established. But you will also need to give yourself a little push and shove out of your comfort zone sometimes. You can also ask yourself some prompting questions such as: Is this person contributing positively to my life? What

would my life look like without this person? Do the benefits of the relationship outweigh the drawbacks?

But sometimes your light attracts moths and your warmth attracts parasites.  
Protect your space and energy.



## 7. Enjoy little things

What do you do when you love someone? Think of your parents, siblings, a lover or a best friend. Do you get them gifts? Do you take them out on a date? Do you pay

for them? Do you spend quality time together?

Love is a feeling, and love is a verb. Love is just as much about feeling as it is about doing!

So now is the time to do something loving for yourself.

Think of all the things you enjoy, that bring you pleasure. And simply do them with yourself.

If you've never tried it before the idea of doing something alone might scare you a bit – I know that's how I felt.

Take yourself out on a date once a week.

Dinner alone? Yes, this is a great challenge that you have the power to overcome!

If you do, it's a clear sign you don't yet love yourself. Because once you do, you'll start enjoying spending time by yourself.

And this is a whole point of this exercise. It's to be a friend to yourself and feel completely happy and whole even when there is nobody else next to you. Get to know you without needing external acceptance.

We need to stop depriving ourselves from things that we like and that make us happy.

From now on, give yourself a permission to do things you enjoy. You don't always need to do things that make sense or that build your career. Spending time doing things just because you like them should be just as important.

Here are a few ideas how to start “doing” self-love:

- Take yourself out for a nice dinner
- Paint (or do any other type of art that you enjoy and that allows you to express creatively)

- Write (you can write poems, a book, or a keep a daily journal)
- Take photographs
- Visit museum
- Cook something healthy
- Drink a green smoothie
- Read your favourite book (and yes, it can be that love story you love)
- Watch a movie
- Buy yourself a nice dress
- Get a manicure
- Go to SPA (massages are my favourite things for self-love!)
- Go for a yoga class
- Dance (and you can perfectly go crazy in your house)
- Listen to your favourite music
- Play with animals
- Stay in nature



- Go for a walk
- Do nothing (yep – just sit, or lie down and do absolutely nothing)

### To Summarize...

When starting out, I suggest that you incorporate these practices into your life on a weekly basis. This will allow you to figure out which self-love techniques you enjoy more than others. Once you find a few that you prefer, increase the frequency of how often you practice them.

Eventually, it will become natural, and you will be doing these things on a daily basis without any reminders, alarms, or to-do list.

By practicing self-love you will become a happier, stronger individual who will better be able to come over addiction (any type of addiction) and overcome obstacles that are put in your path.

## How to Set Daily & Weekly Intentions:

For the past two months I have been setting goals and intentions that I rarely fail to reach and follow through with. In this diagram there are five steps. When it comes to setting yourself up for long-term success, each of these individual steps is essential to master.



Let's start at the top, with **brainstorm**.

To master the step of brainstorming, you must allow yourself to dream without the fear of judgment. The more “out there” your goals are, the better!

It is best to **write goals** at the start of every week (preferably Sunday). Your list should be comprised of an even amount of things you must do (I call these tasks non-negotiable) and things that you want to do (workout, meditate , spend time with friends, etc.). This list will range from 15-30 tasks depending on the number of roles you have (parent, friend, student, employee, etc).

The next step is to **delegate** the responsibility of some tasks. In order to do this, you must review your list of goals and decide what things you might be able to ask for help with. Delegating is not always easy, especially if you are a type A person like I am. It may take some time for you to get the hang of asking others for

help. But in the long run, delegating will free up some time for you and allow you to spend more time doing what you truly enjoy!

Now it is time to **take action**! The best advice I can give in regards to working towards your goals is to believe in yourself. Remember the six ways to practice self-love – and make sure that you are using these techniques often.

The very last step is to **catch up** on any unfinished tasks at the end of every week. This is one step that many people seem to miss, which leads them to feeling overwhelmed at the start of the new week. In order to avoid the build up of weight upon your shoulders, make you should set aside one full day to catch up (preferably Sunday).

Now to wrap things up, if you want to make rapid progress, do not underestimate the power of self-love.

Although you may find some practices more favorable than others, the more of them you incorporate into your daily life, the more well rounded you will be. Not to mention, it will be a piece of cake for you to be productive because of how fulfilled you are within. That's not to say you won't need to put in any effort, because you will. The point is that it will become much more effort-less to move in the direction of your dream life. 😊

## Congratulations, You Made It!

Now that you have learned how to practice self-love, mindfulness and effectively set goals, it is time to get out there and apply your new knowledge!

Remember, if you want these positive changes to stick, you must be consistent with your new behavior.

Wishing you a beautiful day!

Andriana Papacharalambous

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