

7 Self-Love Habits & How to Practice Them

by Diana Vehuni

By now you probably discovered the importance of Self-Love and maybe realized that you'd like to treat yourself with more love. By focusing on one Self-Love habit a day, we can change how we feel about ourselves, which in turn can transform every area of our lives. Use the habit tracker on the back to record your progress. Remember to practice self-compassion when you catch yourself judging your progress.

Monday - Self-Compassion:

Self-Love habits begin with being kind to ourselves. So let's begin the week by treating ourselves the way we would easily treat someone we care about, who is having a difficult time – with compassion.

Tuesday - Forgiveness:

Forgiving ourselves and others for not knowing or doing better is the most liberating thing we can do for ourselves. It will take time but it will be well worth it. Today be mindful of where you can give yourself permission to let go of an old hurt or a disappointment. Remember to forgive yourself if you are having a hard time forgiving yourself or someone else :)

Wednesday - Self-Talk/ Language:

The 1st of the "4 Agreements" says "Be impeccable with your word," and there is a reason why. The words we use when we speak to ourselves and others are like spells we cast every time we say them. Today, remember to be mindful of what you say. You can download a free resource on my website to help you replace some commonly used negative expressions with positive language.

Thursday - Expressing our Needs/ Setting Boundaries

Expressing our needs and setting boundaries are acts of Self-Love. Think of a need that you have that will be important to voice in a relationship and perhaps set some healthy boundaries. For example, the need could be to have more time for self-care and you can express it to your partner and set some boundaries around it.

Friday - From Inner Critic to Inner Mentor

We are all familiar with our inner critic, who constantly judges us, others, and the circumstance and sees what is wrong with everyone and everything. And it also convinced us that it is serving us and is necessary for our survival. Today, I invite you to shift from the inner critic/judge to the inner mentor/sage. This is who we really are, this is our True Self. From this perspective, we can see everything clearly and take necessary actions without the negative emotions caused by the inner judge.

Saturday - Permission to Feel Joy

Today is about allowing ourselves to feel joy regardless of what is happening in our lives and around us. We often feel that everything has to be well or at least ok before we can feel joy, but we can learn to find moments of joy even in the middle of a difficult day, which in turn can make the day better. So let yourself feel joy without any reason or guilt, simply because you can and you choose to!

Sunday - Gratitude

We all have heard of the power of gratitude and you might already be practicing it. The key to really benefiting from this practice is to feel it and not only intellectually think about the things we are appreciating in our lives. So today, intentionally look for "excuses" to feel more grateful. Making gratitude our predominant emotion over time can completely transform our life.



If you would like to learn more about Self-Love habits and are ready to get help with developing and maintaining these habits, please visit www.dianavehuni.com for more resources and support.