



Ascension

Ascension WI EAP



Love Yourself

By: Lauri Doepke, MS, LPC, NCC

What does self love mean to you?

Whether married, dating, single, or “it’s complicated,” now is as good a time as any to incorporate the practice of self-love. No matter what your relational circumstances are today, I’d like to propose that each and every one of us take some time to reflect on self-love:

- What does self-love mean to you?
- How do you show or bring love to yourself?
- How has your self-love changed over the years?
- What goals do you have for enhancing your self-love
- Where do you want it to go?
- What do you want it to look like?

The Importance of Self Love

These can be very difficult questions to answer since they aren’t something that we tend to think about on a regular basis. Why is that? Why are we willing to put forth much energy and effort into loving someone else and very little time and focus loving ourselves? For those of you in relationships, ask yourself, “How can my relationship be enhanced by loving myself more?” For the singles out there, ask yourself, “How could I benefit from loving myself more?”

The Self Love Project

The following quote from Sahaj Kohli states, “The fact that someone else loves you doesn’t rescue you from the project of loving yourself.” When I reflect on this quote, two thoughts come to mind. First, it means that despite the love that we have from others, we still need to rely and depend upon ourselves. We should not become dependent upon others to fill our emotional tank, fully care for our needs, think for us, or dictate our movements. Take time to nurture yourself while still loving and being loved by others.

My second thought stems from the word “project.” I wholeheartedly agree that loving ourselves has become a project. Projects require thought, reflection, insight, time, energy, determination, goals, etc. The process of a project includes:

- Scrapping flaws.
- Strengthening weaknesses.
- Avoiding repetitive mistakes.
- Thinking outside the box.
- The list goes on.

I cannot think of a better and more valuable project to work on than self-love! The gains, benefits, and rewards of loving yourself are

endless. So I challenge you to find ways to love yourself on a daily basis.

Here are some suggestions to begin your self-love project:

- Set aside time each day for quiet reflection and meditation.
- Take time to exercise.
- Start your day with a positive mantra or affirmation.
- Challenge negative self-talk.
- Sing along to your favorite songs.
- Find ways to reconnect with your inner child.
- Stop comparing yourself to others.
- Push yourself to do something outside of your comfort zone.
- Try something new.
- Reconnect with an old hobby or skill.
- Forgive others who've hurt you so YOU can grow.
- Forgive yourself for mistakes you've made.
- Treat yourself within your financial means.
- Smile more.
- Stand up straight (it's amazing how your confidence improves by this simple step).
- Laugh at yourself.
- Remind yourself that you are as important as anyone else.
- Breathe deeply.
- Count your blessings.
- Think of a few of your own examples.

The options are endless. Brainstorm what's best for you, make a list, take healthy risks, and love you for you – your quirks, your

weaknesses, your flaws and your regrets... for you are loveable just the way you are!

If you'd like assistance on building your self-esteem, gaining self-confidence, loving yourself, or being a better companion, the counselors at EAP are here to help. Call or email today!

Ascension WI EAP

800-540-3758

eap@ascension.org

AscensionWIEAP.org
