

3 Self-love Habits

By Jeanne Nangle, MA. OD.

HABIT #1: I KEEP MY THOUGHTS HIGH QUALITY.

I do not let negative, fear-based thinking stand in the way of my soul. While I am human and some negative thinking is inevitable, I know negative thoughts increase pain and make difficult situations much worse. Therefore, I practice keeping my thoughts supportive, expansive, vitalizing, comforting, empathetic, and empowering. I am the thinker choosing high vibration thoughts until they become a habit.

DAILY HABIT:

Becoming more disciplined in how you think is KEY to having a more loving relationship with yourself. Here is where you catch self-rejection OR fear based thinking OR focusing on what can go wrong, what is wrong ... replace it with thoughts that are empowering.

1. Notice thoughts that reject you, criticize or judge you.
2. Notice thoughts that increase fear, anxiety, worry, etc.
3. Choose thoughts that empower you. (You will create affirmations with Jeanne)

High Vibration questions to ask yourself when you're stuck:

Will **doing** this bring me closer to *what I want*?

Will **thinking** this bring me closer to *who I am*?

HABIT #2: I FEEL IT TO HEAL IT.

I feel my emotions because it's healthy for my body, mind and spirit. I know that unexpressed emotion remains in the body. I know that I am human and my emotions are telling me something. I do not ignore, distract, repress, or judge how I feel. I allow time and space to feel. I know there are no wrong emotions. I express my emotions in a way that respects others. I live in a state of forgiveness towards myself and others. I am a feeling human being in a feeling universe.

DAILY HABIT:

Being present for how you feel is a HUGE part of having a more loving relationship with yourself. Just as you would ask someone you love: *How are you?* Or ... *How are you feeling?* You must give yourself this same attention.

1. Go within and ask yourself: What am I feeling?
2. Notice and Breathe.
3. Do a release technique if the feeling is strong.

Feeling questions to ask yourself when you're stuck:

Do I distract myself from uncomfortable emotions?
Am I creating the space in my life to feel?

HABIT #3: I LIVE IN THE SPACE OF LETTING GO.

I surrender. I acknowledge that my life is a co-creation between me and a greater power. My outcome IS NOT set in stone. I have free will. I take responsibility for my choices. I am learning and evolving. I am letting go of self-rejection. I know that as I let go of trying to control people and situations, I free myself. I live in the space of letting go.

DAILY HABIT:

1. When you feel yourself holding on to someone or something, take a deep breath and think let go on the exhale.
2. Choose a **release technique** discussed with Jeanne for deeper letting go. EFT, affirmations, meditation

Questions to ask yourself when you're having trouble letting go:

Am I willing to let go of what or who is in the way of my soul's growth?

Am I willing to let go of my illusions about this situation?