

# INSPIRING MATERIAL

## How to love yourself



## Learn ways how to love yourself more

”Valuing yourself, your time, your inputs, your feelings and important heartfelt-needs, is vital on the path off self-love”

- Andreas Eder

**Whether you call it self-care or self-love, showing kindness to yourself can take different forms depending on your tastes and interests, and the level of your engagement in self-care/love.**

Bubble baths, fresh juices and time out to rest properly are all valid, but ultimately self-love is about acceptance of who you are right here, and right now. No matter what difficult feelings are present or a present situation may be. Not when you’ve achieved ’X’, lost weight or earned a certain amount of money.

Self-love is possible for *anyone* to achieve, but it requires a commitment to yourself and a dedication to keep your promises.

These small (but mighty!) steps each day all add up to an overall sense of positivity, improved wellbeing and well-rooted confidence.

*”Showing gratitude, acceptance and genuine compassion for yourself is easier said than done at times, yet (!) it’s vitally important for your wellbeing.  
To experience lasting happiness. Every day”*

*Read more on the next page...*



## 7 MINDFUL STEPS TO SELF-LOVE

### **RESPECT YOURSELF**

Valuing yourself, your time, your input and feelings and your needs is vital on the path of self-love. Distance yourself from people and situations who/that doesn't give you the respect you deserve.

### **CREATE HEALTHY BOUNDARIES**

Boundaries are a healthy & deeply empowering way of communicating your wants and your needs to others. Upholding them can be difficult at times, but it is also one of the greatest acts of self-love.

### **KEEP A COMPLIMENT**

Gather up lovely texts, emails, cards, positive reviews, and put them all in one place (Also collect beautiful memories to be ready when negativity is very present). Then, if you are feeling a bit rubbish, spend some time reading through it all to remember how awesome you are. (And always will be if you choose to believe so, however the Inner Critic might have another opinion!)

### **EXPRESS GRATITUDE**

Take a few quiet moments to sit down somewhere with a notebook and pen. Write down three things in your life you are truly grateful for. Take a moment to really give a moment to feel each one of them, and basking in gratitude. Feel how gratitude open up self-love and joy for living.

### **BE KIND. IMPLEMENT THE ART OF GIVING IN YOUR EVERYDAY LIVING**

How we speak to ourselves, and to others and to life, day in day out, is so so so important. Be your own cheerleader! Try to show compassion, loving empathy, rather than descending into a spiral of negative thought. Techniques of Mindfulness and of my coaching can support you a lot and make a great impact.

### **CELEBRATE EVERY DAY. ALSO YOUR LEARNINGS AND YOUR 'FAILURES'**

Life is a gift (it really is! So rich of abundance), that's why they call it the present. Ditch the 'save for best' mentality. Wear the dress, use your new sketchbook, make a delicious meal for yourself. Celebrate your existence, celebrate for being that unique You, celebrate others and any situation can be seen for something positive. You choose what glasses you use, over and over again, to filter the everyday happenings. Gratitude and celebration are both gatekeepers to happiness.

### **STAY IN JOY**

As the talented Brene Brown says "Joy is vulnerable. We're afraid to lean into it because we feel something might rip it away. Stay in joy... by practicing gratitude".

And practicing being courageously vulnerable.

Watch out of the negative thought 'Don't be too much', and allow yourself being (consciously) too much instead! If it is grazyness, vibrant joy or healthy power you experience, allow them, live them intensely and fully, and discover how spectacularly more alive you feel!

*How was it for you to read this? What touches you?*

*Are you curious to start trying out some of these points already today? :)*



*Hope this was helpful to you and this sharing helps you to start experiencing a resourceful, stronger, peaceful and happier version of yourself!*



If you would like to know more about how you can implement Mindfulness in your everyday life & experience a happier & healthier way of living, email me and we will investigate the possibilities together.

You will also find more inspiring material on my website.

If you want to know more about my coaching or about the True Empowerment-programs I organize, feel free to come on your first free call with me.

Be well. Stay connected. Be happy.

Edercoaching@gmail.com

Www.edercoaching.se

