



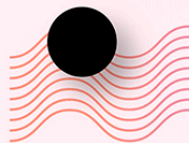
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30 DAYS TO GREATER SELF-LOVE

Love Yourself Unconditionally and
Nurture Your Self-Worth

www.YourTherapyWorks.com



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“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.”

– LUCILLE BALL

Introduction

What is self-love? We can think of it as a desire to give our own well-being a level of importance and respect. If you love yourself, you have regard for yourself. **It's about treating yourself as well as you would treat anyone you love.**

But most of us have been conditioned to believe that we should put ourselves last. We do this under the guise of caring about others or modesty. However, this is very self-defeating. You can't do as much for others when you don't make yourself a priority, too.

You have to live with yourself every minute of the day, so you may as well enjoy your company!

Consider these topics as a means to learn to love and appreciate yourself:

1. **Chapter 1: Are you Using the Right Criteria to Measure Your Self-Worth?**
Having and utilizing the correct measuring stick makes a difference. We often judge ourselves by the culture in which we live. This can be a mistake.
2. **Chapter 2: A 30-day Beginning to Self-Love.** Many experts believe it takes 30 days to build a habit.
Effective habits ensure your desired outcome. In 30 days, you can accomplish a lot and gain the momentum needed to make a real breakthrough in your self-love.
3. **Chapter 3: Conclusion.** This is just the beginning of your path to true self-love and self-esteem. Where will you go next?

“If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never even dream of.

There is something of yourself that you leave at every meeting with another person.”

- FRED ROGERS



Chapter 1:

Are you Using the Right Criteria to Measure Your Self-Worth?

How do you determine your self-worth? Is it how much money you have? The fact that you can fit into skinny jeans? A great job and a Mercedes? It's an interesting question.

Most of us just have a vague notion of whether or not we should love ourselves given our circumstances in life.

A good thing to consider is how you think your child should measure their self-worth.

Do you think a child should love themselves more or less if they were:

- Wealthy or poor?
- More or less attractive than the average person?
- Failed more times than they were successful?
- Succeeded more times than they failed?

Would you consider any of these to be a reason for a child to love themselves more or less? What criteria would you use?

Things that probably shouldn't determine your degree of self-love:

1. **Your education.** If your child decides to become a welder or a preschool teacher instead of going to college, would you consider them to have less worth? If you need to go to college to pursue your dreams, then go. If you don't, there's no reason to feel bad about not attending.
2. **Your body shape or attractiveness.** While your diet and exercise routine have a great effect on how you look, much of your appearance is out of your hands. **The color of your eyes, your height, and your general body shape are determined by your genes.**

- Consider your spouse, child, friend, or even a pet you love. If their appearance took a turn for the worse, would you think less of them? Of course not. So, there's no reason to think less of yourself for not looking like a fitness model or movie star.
3. **Your career.** Some careers are more challenging or lucrative than others. But there's more to life than splitting atoms or making six figures.
- If you enjoy what you do, can pay your bills, and have enough time and money left over to do the things you love, you're doing incredibly well.
4. **Your financial situation.** Happiness is a more worthy goal than wealth. Studies show that happiness doesn't increase beyond the \$70k/year mark. Having more money than that doesn't matter much.

- If you're making less than that, it might be worth your while to reach that level. However, **your income says nothing about how much you should love yourself.** There have been many spectacular people that never made a lot of money.
5. **Your possessions.** If you travel, you'll notice how people in the US and Canada compare to those in most other countries. We're obsessed with having more. Interestingly, people from many relatively poor countries often rate themselves as happier than the people in North America.
- There will always be someone with more. It's a battle you can't win.
6. **Your successes and failures.** Everyone has successes and failures. You can always try again. **The most successful people have often had the most spectacular failures.** If anything, you might have a good reason to be happy

with yourself for failing a lot.

7. **The people you know.** Are you more worthy of self-love because of whom you know? Are you any less worthy of self-love because of whom you don't know?
 - Things outside of you can't be a valid determiner of your self-worth. It's called "self" for a reason.

This list might seem a little daunting since these are the very things that are prized by many in our culture. However, if you want to love yourself, it's important to use valid criteria.

The keys to loving yourself are to know yourself and to be on a path to become a person that you respect. You're already amazing. Realizing that is half the battle.

The other part is to see regular improvement in yourself. Humans are happiest when making progress. You get to determine what

that progress is moving toward. You'll be more pleased with yourself if you start working on those things that you think are important.

Our society thinks that certain things are important. **However, your self-worth is independent of where you live.** Why would you like yourself more or less if you lived in Ukraine, Hawaii, or Australia? You're still the same person. Society can't give you permission to love yourself or take it away from you.

“Remember always that you not only have the right to be an individual, you have an obligation to be one.”

- ELEANOR ROOSEVELT

Chapter 2: A 30-Day Beginning to Self-Love

Thirty days is enough time to see progress for most endeavors. It's long enough to lose a few pounds or to increase the number of pushups you can do. You can hit a tennis ball much better after a month. You can even learn to play a simple tune on the violin.

It's also enough time to increase your ability to love yourself. **In 30 days, you can discover how wonderful you are.**

You can also begin to learn how to treat yourself well and put yourself on the road to self-improvement. But this self-improvement has nothing to do with gaining the things society values. It's about becoming the type of person you most admire.

Many of these items can be done daily. It's important to create habits of these items. **Self-love is largely the result of your habits.**

The right habits will create the outcome you're looking for.

A few of these items aren't practical to do every day unless you're retired. Think of those as weekly or monthly tasks.

Consider this a 30-day self-love challenge. Keep an open mind and have the courage to complete it. You'll be glad you did!

Day 0:

Set Your Intention for the Next 30 Days

It's much easier to accomplish something when you have an intention. Your vegetable garden didn't get planted last summer by accident. You had the intention of planting it. The same concept applies here.

Avoid wasting the next 30 days. Decide that you're going to work on your self-love and self-esteem for a month. **Be determined to give the next month your best effort.** It's

challenging to change your daily routine, and you have much to accomplish.

Your intention and determination are paramount to your success.

“A healthy self-love means we have no compulsion to justify to ourselves or others why we take vacations, why we sleep late, why we buy new shoes, why we spoil ourselves from time to time. We feel comfortable doing things which add quality and beauty to life.”

– ANDREW MATTHEWS

Day 1:

Become Aware

It's difficult to make progress without understanding where you are currently. Begin noticing the way you treat yourself. Then, contrast that with how you treat your friends and family.

Most of us are more patient, understanding, and tolerant of others than we are of ourselves. In fact, most of us treat complete strangers better than we treat ourselves!

Notice your tendencies regarding how you treat yourself. Pay particular attention to these areas:

- Self-talk
- How you feel when you make a mistake versus how you feel when someone else makes a mistake
- Does the way you treat yourself encourage you to be your best?
- Do you treat yourself as if you're important and worthy of respect?
- Are the ways you think and act toward yourself habitual?

Spend the next 30 days with a greater level of awareness regarding your attitude and behavior toward yourself.

Day 2:

Accept All the Compliments that Come Your Way

When you're short on self-love, it's not easy to accept compliments. Do you feel uncomfortable when someone singles you out in a positive way? **While modesty is generally a good policy to follow, it's okay to feel happy about receiving a compliment.**

Starting today, accept all the compliments that others give you. A quick smile and a thank you is enough. Tell yourself that you deserve it. Avoid giving in to any temptation to deflect.

“People may flatter themselves just as much by thinking that their faults are always present to other people’s minds, as if they believe that the world is always contemplating their individual charms and virtues.”

- ELIZABETH GASKELL

Day 3:

Start Reading a Book on the Topic of Self-Love

For the remainder of the 30 days, spend at least 15 minutes each day reading a book on the topic of self-love. If you get finished, start a new book. In lieu of a book, read an article online. Find a credible source and learn all you can about the importance and the process of self-love.

Here are a couple of ideas:

- *The Self-Love Experiment: Fifteen Principles for Becoming More Kind,*

*Compassionate, and Accepting of
Yourself by Shannon Kaiser*

- *Self Love: Achieve Lasting Self Love
with Positive Thinking, Unconditional
Confidence, and Unshakeable Self
Esteem by Karen Roe*

Regardless of your source material, give the information you learn some thought. Ask yourself how you can incorporate it into your life.

Day 4:

Create and Use Affirmations

Affirmations take time to work, so it's a good thing you have a few weeks ahead of you to allow the power of affirmations to work for you. With enough repetition, you can get yourself to believe nearly anything. Advertisers work from this mindset, and considering how much we purchase, it's can't be too far off the mark!

Use these strategies daily to enable affirmations to reprogram your subconscious for greater self-love:

1. **Create 10 affirmations that address self-love.** Remember that in day one you've been increasing your awareness of your behavior and attitude toward yourself. Create affirmations that take this new information into account.
 - Affirmations should be positive and direct.
 - "I love myself completely" is an example of an affirmation.
2. **Carry your affirmations with you.** You can have a copy on your phone, in a small notebook, or on an index card. Whatever you'll consistently carry with you is fine.
3. **Read your affirmations several times each day.** Whenever you have a spare moment, pull out your affirmations

and read them. Try reading them to yourself and aloud when appropriate. Begin and end your day with your affirmations.

“You have been criticizing yourself for years, and it hasn’t worked. Try approving of yourself and see what happens.”

– LOUISE L. HAY

Day 5:

Do Something You’ve Always Wanted To Do

Splurge on yourself a little today. Maybe you’ve always wanted a hot stone massage, to try Vietnamese food, or learn to ride a motorcycle. Spend a little time and think about it. Then, go out and make it happen. If you need to wait for the weekend, make concrete plans for your activity and stick to them.

Day 6:

Admire Your Body

You might be lacking a six-pack, have added a few wrinkles over the years, and wear bifocals, but those are small potatoes compared to what your body can still do. Even if your health is quite poor, you can still do some amazing things.

Consider the things many of us take for granted:

- The ability to see, hear, smell, touch, and taste. Consider how much pleasure these senses provide.
- The ability to walk and talk. How many amazing things can you experience just by having these two abilities?
- Maybe you've created children.

You might think that your body isn't much to look at anymore, but that's a small issue.

When you consider how much that body can still do, the other stuff is irrelevant.

“There are days I drop words of comfort on myself like falling leaves and remember that it is enough to be taken care of by myself.”

– BRIAN ANDREAS

Day 7:

Eat Nutritiously

Prove to yourself that you love your body by treating it like a king or queen for a day. Instead of giving in to your regular habits and impulses, eat nutritiously for just one day.

Feel free to continue for the remainder of the month, or even the rest of your life.

Day 8:

Send Yourself a Love Letter

Imagine you had the most perfect friend or partner. Write yourself a letter from that person. Be loving and encouraging. You can write it on paper, send yourself an email, or even leave a voicemail. It's up to you. You might even consider turning this into a daily habit.

Day 9:

Ask Someone for a Favor

Those lacking in self-love don't like to be bothersome to others. But, asking for help isn't bothersome. You'd help someone else, so it's only reasonable to assume that others would be happy to help you, too. **You're important and deserve help when you need it.**

Think of something that you could use some help with and ask an appropriate person for

their help. Start small and build your comfort level.

Day 10:

Remove the Need for Perfection

Whether you require perfection from yourself, others, or both, you can bet you're consistently miserable. Perfection doesn't truly exist. It's a theoretical idea that can never be attained.

You might believe you've met the perfect man or woman. But you haven't. You just haven't experienced the imperfections yet.

When you demand perfection from yourself, you can never be happy with yourself. This is a perfect way to always be disgruntled and resent yourself. **Setting impossible expectations can never lead to satisfaction.**

Be kind to yourself and realize that your best effort is enough. Spend today relieving yourself of the need to be perfect.

“I found in my research that the biggest reason people aren’t more self-compassionate is that they are afraid they’ll become self-indulgent. They believe self-criticism is what keeps them in line. Most people have gotten it wrong because our culture says being hard on yourself is the way to be.”

– KRISTEN NEFF

Day 11:

Declutter Your Home Environment

Most of us have way too much stuff in our homes. It creates stress and doesn’t leave enough room for anything new to come into our lives. Cleaning and decluttering isn’t necessarily fun, but it does provide a sense of control.

A clean, tidy environment is good for your self-esteem and peace of mind. Start with a single room today and branch out from there. Just a few minutes of decluttering each day can make a huge difference. Learn to keep things neat rather than waiting until

the situation becomes unbearable before you take action.

Know that you deserve to live in a pleasant environment.

Day 12:

Clean Up Your Schedule

How much time do you spend doing things you don't want to do? Okay, we all have to do things we don't want to do, but there are things you don't want to do that you don't actually have to do. It might be serving on the Parent-Teacher Organization or playing on the company softball team.

Take a look at your average month and list the activities that you don't enjoy. Yes, you still have to pay your bills, but there are at least a few things on that list that you don't have to do.

So, don't do them. Let the appropriate people know, and then use that time for

something that you do enjoy. Your happiness and time are important.

Day 13:

Develop a Strategy for Dealing With Stress

Many of the chronic challenges in life are a result of dealing with stress poorly. Whether it's irresponsible spending, overeating, passing on great opportunities, or worse, it's likely due to handling stress poorly.

Developing an effective, and healthy, method of dealing with stress can provide amazing benefits in your life.

Here are a few healthy options for dealing with stress effectively:

1. **Meditate.** Meditation has been around for thousands of years and has never been more popular than it is right

now.

2. **Exercise.** Going for a short jog or doing a few pushups can make you feel a lot better. It's also good for you.
3. **Call a friend.** Reach out to someone that cares. Most of us have someone in our life that can always make us feel better.
4. **Let it go.** With practice, you can drop your stress just like you can drop a heavy suitcase.
5. **Find a solution.** If the cause of your stress can be managed, manage it instead of worrying about it.

Notice when you're feeling stressed and try one of these strategies. If you have an even better idea, feel free to try it.

“If you aren’t good at loving yourself, you will have a difficult time loving anyone, since you’ll resent the time and energy you give another person that you aren’t even giving to yourself.”

– BARBARA DE ANGELIS

Day 14:

Create a Gratitude List

Even if you’re friendless and living on a park bench, there are still things in your life you can be grateful for. If you aren’t sleeping in the rain, you have even more to be happy about.

Our culture focuses on the negative more than the positive. People that travel extensively often notice that people from North America spend a lot of time talking about what they don’t like. But, people from other cultures often spend their time talking about what they do like.

You can create your own little culture and **choose to focus on what's right in your life.**

So, your task for today, and the remainder of the 30 days, is to make a list of everything you are grateful for in your life. List everything over the next month. Include your comfy couch, air conditioning, coffee, friends, and anything else you enjoy or value.

Day 15:

Exercise

Exercise is good for you, and hence, shows that you love yourself when you do it regularly. Exercise is beneficial for your stress levels, heart and lungs, muscles, and metabolism. It's also good for your self-esteem, and you'll look better, too.

Think of ways you can get some exercise and enjoy it. You might set up a regular walking date with a friend, take boxing lessons, or play golf.

The key to exercising consistently is to make a habit of it by scheduling time for it and enjoying it. When you enjoy doing something, it's easier to do it regularly.

How can you enjoy exercising? Think about it and make it happen.

“When I loved myself enough, I began leaving whatever wasn’t healthy. This meant people, jobs, my own beliefs and habits – anything that kept me small. My judgement called it disloyal. Now I see it as self-loving.”

– KIM MCMILLEN

Day 16:

Clean Up Your Social Life

We all have at least one person in our life that shouldn't be there. It might be an old high school friend that takes advantage of us, an old boyfriend or girlfriend that we should

stay away from, or it might even be a family member that consistently mistreats you. Maybe you can't stand the guy at the deli counter.

Who is in your life that shouldn't be there?

- Make a list of everyone in your life. A spreadsheet would be perfect.
- Now order them from worst to best.
- Start chopping until you reach the people that are positive and meaningful in your life.

This might require a conversation. Or maybe you just need to stop responding to someone's text messages. Get it done. **You're special and deserve to have special people in your life.**

Day 17:

Do What You Love

How much of your time each day is spent actually doing something that you love? After rushing around in the morning getting ready for work, driving to work, working, and then driving home, a large part of the day is gone. And yet, you probably haven't spent any time doing something you enjoy.

If you wait until you have free time to do the things you love to do, you'll never do them.

The key is to schedule time each day to do something you enjoy. The things you like to do are important, because you're important.

Schedule at least 30 minutes today, and each day going forward, to do something you enjoy. It doesn't matter how silly or meaningless it might be. If you enjoy it, that's enough.

“Self-pity gets you nowhere. One must have the adventurous daring to accept oneself as a bundle of possibilities and undertake the most interesting game in the world making the most of one’s best.”

- HARRY EMERSON FOSDICK

Day 18:

Make Plans for Your Future

It’s not enough to just survive. That’s what animals do. You’re a human being with choices. Sit down with a cup of coffee or a glass of wine and plan your future. **You deserve to have the life you desire.**

Let your imagination run wild and create a compelling future. Put your plan on paper.

Most importantly, make a plan and do at least one thing each day to make it a reality. That means taking the first step today!

Day 19:

Keep a Journal

A life worth living is worth recording. You'll show yourself that your life is important enough to write down. You'll also begin to see the mistakes you make but are currently not aware of. Your life will also improve. After all, you won't want to write down the same thing each day. You'll be determined to do something worthy of recording.

Whether you choose to do it by hand or with a word processor is up to you. Start today and spend a few minutes each night recording your day and thoughts.

Day 20:

Forgive Yourself

You've done plenty of things wrong. Some of them were even intentional. Take comfort in the fact that everyone you know has done the same. You've lived and learned. It's time to let it go and to let yourself off the hook.

You're probably pretty compassionate with at least some of the people in your life. **Be at least as compassionate with yourself.**

Forgive yourself and move on. You have a great life to live.

“When you're different, sometimes you don't see the millions of people who accept you for what you are. All you notice is the person who doesn't.”

– JODI PICOULT, CHANGE OF HEART

Day 21:

Stop Seeking Approval

When you do things to make others view you in a certain way, you're sending a message to yourself that the truth is insufficient. You can be kind, but don't be kind just so others will view you as kind. Just be kind.

There's a significant difference between being a good person and a person that wants to be seen as good.

It's okay if you're a little impatient, messy, or don't like the local NFL team. Be honest about who you are. Everyone that loves you will still be around. Anyone you lose doesn't belong in your life anyway.

Prove to yourself that you're good enough just the way you are. It's a much less exhausting way to live, too.

Day 22:

Sit by Yourself

Some people, and you might be one of them, can't stand to be in their own company. They always have to be stimulated by something else. Whether it's the TV, the internet, the radio in the car, or a book, they can't just sit with themselves.

Have you ever wondered why you need those things in your life? **The best way to find out why is to take a break from them.** The next time you're driving alone, turn off your phone and avoid listening to the radio.

Notice what happens.

With practice, you can be great company for yourself. Instead of avoiding yourself, discover yourself. Sit with yourself for at least 10 minutes each day and see what you discover.

Day 23:

Visit the Doctor and Dentist

It only makes sense that if you make your health a priority, it must mean that you love yourself.

Make appointments with your doctor and dentist for checkups today.

If you're already taking care of this part of your life, make a list of five ways you can be healthier and do at least one of them.

"It's all about falling in love with yourself and sharing that love with someone who appreciates you, rather than looking for love to compensate for a self love deficit."

– EARTHA KITT

Day 24:

Volunteer

It's easier to be happier with yourself when you're helping others. There are plenty of websites that list volunteer opportunities by zip code. Find something that appeals to you and share your time doing something that you think is important.

Even one hour a week can increase the amount of love and compassion you feel for yourself. You'll find that there are other

benefits to volunteering, too. Want to know what they are? Go volunteer and find out for yourself.

Day 25:

Sleep

Few things will do more for your health, attitude, and happiness than getting at least seven hours of sleep each night. Even if you think you only need 4-6 hours, try giving yourself a full seven for a week and note the changes in how you feel and function.

Take a nap. Sleep in. Go to bed earlier.

There are times when the best thing you can do to love yourself is to go to bed. You can catch the rerun of Rocky or The Notebook another time.

Make a plan today to squeeze in seven hours of sleep each night for at least a week.

Day 26:

Set and Maintain Boundaries

When you don't love yourself, you put up with a lot of mistreatment. You might be worried that others will be upset or won't like you if you start saying "no" to certain things. Regardless of how hard you try to make everyone happy, you're failing at it.

You can't please everyone, but you can please yourself.

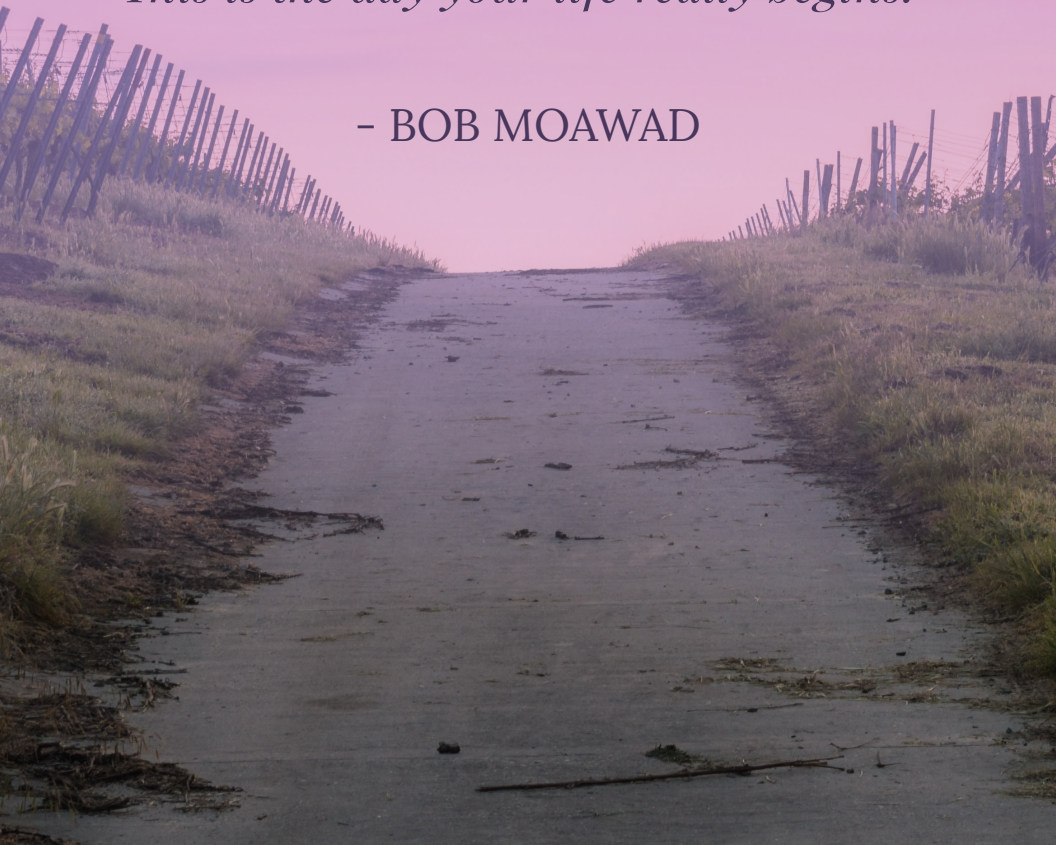
When you tolerate things you don't like, you feel resentful and drained. The solution is to learn to say "no" and be assertive. Let the world know what you need. You'll gain the respect of others and feel better about yourself.

“The best day of your life is the one on which you decide your life is your own.

No apologies or excuses. No one to lean on, rely on, or blame. The gift is yours – it is an amazing journey – and you alone are responsible for the quality of it.

This is the day your life really begins.”

– BOB MOAWAD



Day 27:

Do One Thing You Know You Need To Do

Avoid procrastinating on the important things. Whether it's filing your taxes, going to the dentist, or making a tough phone call, just do it. You lose self-respect and self-esteem when you willingly fail to handle your business.

Today, make a list of the things you've been avoiding and get at least one of them done. Then, focus on how good it felt to get that item completed. Imagine how great you would feel in general if you regularly did whatever needed to be done.

Begin making a habit of listing the things you need to do and then doing them.

Day 28:

Trust Your Intuition

You've experienced and seen a lot in your life. You've been successful at some things and less successful at others. **It only stands to reason that you now know a lot.** Your intuition is based on your experiences.

But do you trust yourself?

Beginning today, trust your intuition more. Start with the small things. Maybe you have an urge to turn right at the stop sign instead of left. Just do it and see what happens.

When faced with a choice. Simply ask yourself, "Which option is the best for me?"

Listen to the answer and do it. Again, see what happens. It would be a shame to put all your experience to waste. You've learned a lot over the course of your life, so put that knowledge and experience to work for you.

Remember that the logical solution isn't always the best solution for you.

Day 29:

Do Something That Makes You Like Yourself More

Volunteering was one example of this, but there are other things you might think that you should be doing, also. It might be going to church, learning a second language, or meditating for an hour each day.

Think about the characteristics you think a person should have. Make a long list. Now, pick one and start doing it.

You might believe that any self-respecting man should be able to change the oil in his car. Or you might believe that everyone should be able to play a musical instrument. Perhaps you believe everyone should have a decent knowledge of world history.

It doesn't matter what it happens to be. It's entirely up to you. Pick something and begin the process. You'll be thrilled with yourself.

"Loving yourself starts with liking yourself, which starts with respecting yourself, which starts with thinking of yourself in positive ways."

- JERRY CORSTEN

Day 30:

Do Something for Someone Else, but Keep it a Secret

This can be a lot of fun, and you'll be quite pleased with yourself. Choose a target. It could be a neighbor, coworker, or random stranger. Do something nice for them.

You might mow their grass, send them a card, or clear the snow off their car. Find a

way to do something kind and feel great about yourself for doing it.

Day 31:

Have Fun

Some months have 31 days. Treat this as a bonus.

Do something that's fun today. Go bowling with a few friends. Go to the fancy movie theater and buy that expensive popcorn. You might even go crazy and watch the movie in 3D.

Be silly and do something just because it's fun to you.

*“Love yourself. Enough to
take the actions required
for your happiness.*

*Enough to cut yourself loose
from the drama-filled past.*

*Enough to set a high
standard for relationships.”*

- STEVE MARABOLI



Conclusion

You made it!

You've done a lot to change your perspective of yourself over the last month.

- How do you feel compared to the first day? How would you rate your level of self-love and self-esteem?
- You've been keeping a journal for a few weeks. What has changed in your journal entries over time?
- Do you feel that any of the things you've done have become habits?
- What can you do going forward to further increase your love for yourself?

You should be proud of yourself. Thirty days of learning to love and appreciate yourself is

a big achievement, but it's only a small step on a bigger journey.

Loving yourself as much as possible may take a lifetime, but the good news is that you'll only enjoy life more as you learn to love yourself more.

You've learned that the values of the society in which you live doesn't determine your worth. You can set your own criteria.

It's your ability to appreciate yourself and your progress toward your vision of a good person that matters. When you believe that you're becoming a better version of yourself each day, you're going to be pleased with yourself.

Begin thinking about how you can move forward from this new starting point. This is only the beginning of the awesome future that awaits you!