

It's February and it is time to Love (Yourself)!

The One Flaw In Women

Author Unknown

- ♥ Women have strengths that amaze men.
- ♥ They bear hardships and they carry burdens, but they hold happiness, love and joy.
- ♥ They smile when they want to scream.
- ♥ They sing when they want to cry.
- ♥ They cry when they are happy and laugh when they are nervous.
- ♥ They fight for what they believe in.
- ♥ They stand up to injustice.
- ♥ They don't take "no" for an answer when they believe there is a better solution.
- ♥ They go without so their family can have
- ♥ They go to the doctor with a frightened friend.
- ♥ They love unconditionally.
- ♥ They cry when their children excel and cheer when their friends get awards.
- ♥ They are happy when they hear about a birth or a wedding.
- ♥ Their hearts break when a friend dies.
- ♥ They grieve at the loss of a family member, yet they are strong when they think there is no strength left.
- ♥ They know that a hug and a kiss can heal a broken heart.
- ♥ Women come in all shapes, sizes and colors.
- ♥ They'll drive, fly, walk, run or e-mail you to show how much they care about you.
- ♥ The heart of a woman is what makes the world keep turning.
- ♥ They bring joy, hope and love.
- ♥ They have compassion and ideas.
- ♥ They give moral support to their family and friends.
- ♥ Women have vital things to say and everything to give.
- ♥ **However, if there is one flaw in women, it is this; they forget their worth and how remarkable they truly are!**

Three Questions:

1. What did you do for your **spiritual self** today?
2. What did you do for your **physical self** today?
3. What did you do for your **mental self** today?

A Poem

Be Yourself...truthfully,
Accept Yourself...gratefully,
Value Yourself...completely,
Treat Yourself...generously,
Balance Yourself...harmoniously,
Bless Yourself...abundantly,
Trust Yourself...confidently,
Love Yourself...wholeheartedly,
Empower Yourself...prayerfully,
Give Yourself...enthusiastically,
Express Yourself...radiantly,
Honor Yourself...purposefully.
Author Unknown

Love yourself today by doing this exercise:

List your positive attributes, abilities and character strengths and maybe even get help from your friends.

Write them down in a clear list and post it in several places where you will see it.

EXTRA CREDIT:

If you really want to drill this list into your subconscious, then do the following (this is a 30 day plan).

Days 1 - 7: Once a day, rewrite your list **BY HAND** on a fresh sheet of paper, then read it **out loud**. (There is something about the actual writing of this that gets it connected right to your brain.)

Days 8 - 14: Once a day, read you list **out loud** while doing as many of the following as you can:

- ♥ Stand or sit with great posture – head erect, shoulders back, with a great smile on your face.
- ♥ Have great inspirational music playing in the background, something that really gets you excited and upbeat.
- ♥ Walk around while reading your list, or, if you are so inspired, dance!
- ♥ Light a scented candle, one that just makes you feel good, and have that scent fill the air.

Days 15 - 30: Read your list **out loud** twice every day, once when you get up and again right before you go to bed. Sit or stand with great posture and a big smile on your face. Try to remember the environment from the prior week – can you smell the candle, hear the music, feel the air breeze by as you walk, etc.?

Affirmations by Zig Ziglar: While I am reading this I'd like you to jot down what part of this you think you might need to say to yourself to love yourself better...

Here is an excellent affirmation written by Zig Ziglar, well known motivational speaker and author.

"I, _____...am a person with integrity, a great attitude, and specific goals. I have a high energy level, am enthusiastic, and take pride in my appearance and what I do. I have a sense of humor, lots of faith, wisdom, and the vision and courage to use my talents effectively.

I have character, and am a smart, talented person. My beliefs are strong, and I have a healthy self-image, a passion for what is right, and a solid hope for the future. I am an honest, sincere, and hard-working. I am tough, but fair and sensitive. I am disciplined, motivated, and focused. I am a good listener and am very patient. I am an encourager, a good-finder, and a forgiving person. I am caring, unselfish, and committed to doing the right thing.

I am family oriented, open minded, and an excellent communicator. I am a student, a teacher, and a self starter. I am obedient, loyal, responsible, and dependable. I have a servant's heart, am ambitious and a team player. I am personable, optimistic and organized. I am consistent, considerate, and resourceful.

I am intelligent, competent, persistent and creative. I am health conscious, balanced and clean. I am flexible, punctual and thrifty.

I am an honorable person who is truly grateful for the opportunity life has given me. These are the qualities of the winner I WAS BORN TO BE, and I fully intend to develop these marvelous qualities with which I have been entrusted by God.

Tonight I am going to sleep wonderfully well. I will dream powerful, positive dreams. I will awaken energized and refreshed, and tomorrow's going to be magnificent.

God, my family and my true friends love me no matter what!"

Permission by Zig Ziglar

These are a few things you can do for your healthy mind and body:

- ♥ a warm bath (20-30 minutes is best) to allow the weightlessness to take effect and true relaxation to begin.
- ♥ quietness in a secluded place, so you have time to hear God
- ♥ time and space to nurture and heal
- ♥ making your personal space (your home) a peaceful environment with order, which is restful
- ♥ put a fresh flower on the table to give energy and enthusiasm for life
- ♥ set aside a time and place for exercise to increase your endorphins and decrease stress
- ♥ occasionally buy yourself something, but remember that instant gratification is okay on some level, but is easily and quickly forgotten
- ♥ create your own nurturing rituals either for morning or evening to give you the energy and confidence to be ready to nurture others.
- ♥ make sure your clothes fit nicely, your hair is taken care of and you feel good about yourself first and it's much more likely that a new positive circumstance will find its way to you because you will be ready to handle it
- ♥ remember that you are not perfect and will never be (forgive yourself) and that God knows that too and He still loves you, so you need to follow suit!
- ♥ don't wait to use the 'good dishes' because you and your family are important every day and the little things make life more enjoyable
- ♥ and 'the chocolate treat' (choosing quality over quantity because even something small if it is really nice beats average and mediocre any day!) means get the good stuff and savor it.
- ♥ Be in the moment.



*"I am only one; but still I am one. I cannot do everything,
but still I can do something. I will not refuse to do the
something I can do."*

~ Helen Keller



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I have shared with you about love, and why it's important to love yourself: You are unique and wonderful, God loves you, and you will be ready at a moment's notice to give. Then I shared some ideas on how to do that. I gave you some ideas of thoughts to hold about yourself and special things to do. These are all things that we've probably heard before and know we should do.

Take a moment right now...Before you go on to your next project, pick two thoughts that resonated with you that you pick to write down and say to yourself often. Then pick something to do for your spiritual or physical self and do it before the end of the day. Remember that you are a beautiful and unique individual that God has on earth for a purpose, so honor yourself...purposefully.

See You Lighter!
Jacqui

PS –

If you would like to participate in my free email series, "30 Days Of Loving Yourself", go to <http://www.light-r-u.com/30days> .

And, if you haven't heard the audio, go to <http://www.light-r-u.com/30daysaudio> .