We are all good at giving to others and expending our love to everyone around us. What about you? Do you take time out of your day for you? Which of the below listing speaks to you most? I invite you to take a few minutes to reflect and find a way to practice Self Love each day. Sincerely, Tania Kingston

1. **STOP ALL CRITICISM**
   - Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.

2. **FORGIVE YOURSELF**
   - Let the past go. You did the best you could at the time with the understanding, awareness, and knowledge that you had. Now you are growing and changing, and you will live life differently.

3. **DON’T SCARE YOURSELF**
   - Stop terrorizing yourself with your thoughts. It’s a dreadful way to live. Find a mental image that gives you pleasure, and immediately switch your scary thought to a pleasure thought.

4. **BE GENTLE AND KIND AND PATIENT**
   - Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really love.
5. BE KIND TO YOUR MIND
   • Self-hatred is hating your own thoughts. Don’t hate yourself for having the thoughts. Gently change your thoughts.

6. PRAISE YOURSELF
   • Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.

7. SUPPORT YOURSELF
   • Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.

8. BE LOVING TO YOUR NEGATIVES
   • Acknowledge that you created them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.