

LOVE

The fact that you have chosen to check out my C2I program means that you are already participating in an act of love: self-love to be exact. You are taking care of your own need to improve your life by creating more balance in it.

In order to have healthy loving relationships you must always love yourself first. So too, must you remember to self-care in order that you may give selflessly and care for others without depleting your resources.

Brushing and flossing your teeth is self-care, stopping to watch the clouds in the sky is also self-care. Even playing word games online is self-care since it stimulates your brain activity. And of course, when you are tired, a brief sit down with a quick foot rub that you give yourself is a caring activity too.

In addition to these more obvious ways of giving yourself love, there are other options you might consider:

- Communicate with yourself by using accepting and appreciative language. Having a positive view builds confidence and your sense of belonging in the world.
- Free yourself from toxic relationships and life roles that bring you down.
- Be direct in your communication with others. Mean what you say and say what you mean.
- Set boundaries and priorities. Say NO when you need to.
- Spend quality time with yourself. Create space for joy and love in your day. Everyday.
- Hug yourself, touch your body lovingly with self-massage and consciously care for it.
- If you are able to, enjoy orgasms regularly either in partnerships or as a soloist.
- Recognize that it's okay at times to feel uncertain and to have self-doubt.
- Forgive yourself
- Move forward and validate, validate, validate!

People who love themselves are less likely to suffer from anxiety and depression. They are more successful in their mental wellbeing and life because of their ability to reduce stress, lessen procrastination and sharpen their focusing power.

Staying open to new experiences (which may not seem immediately appealing) is also a way to self-care especially when those experiences are generally known to yield positive results.

Keep in mind that everyone is a unique individual, and you must find the right combination of activities in order to balance yourself.

So, explore, love yourself and others and live the best life ever!!!!