



Self-Loving Attitudes and Behaviors

1. Know your true self and accept yourself as you are.
2. Think of yourself in a positive way.
3. Live authentically; be genuine and honest.
4. Refuse to accept any unearned guilt.
5. Experience joy with people, in recreation, and in your work.
6. Encourage inner growth.
7. Deal with your anger and resentments; don't stuff your feelings.
8. Allow yourself the luxury of doing what is best for your sense of well-being.
9. Develop mastery (on any level).
10. Recognize all that makes you special and unique.
11. Make the most of what you do have:
 - a. Personal appearance and hygiene
 - b. Physical exercise
 - c. Dressing to please yourself
 - d. Improved diet
 - e. Care and maintenance of your environment and personal possessions
12. Stop comparing yourself to others
13. Focus on your intangible qualities.
14. Tell yourself you look and feel good.
15. Let go of false impressions.
16. Talk yourself through fearful situations, saying, "I can make it!"
17. Develop your gifts and talents.
18. Love others and give to them expecting nothing in return.
19. Never accept sex as a substitute for intimacy and love. It isn't.
20. Do the things that you respect others for doing.
21. Remove yourself as the victim.
22. Add meditation, prayer and daily affirmations to your schedule.
23. Above all, remember and know that you are loved.