

LOVE YOURSELF A LITTLE MORE

Sometimes do you sit down with a mirror and think to yourself, my smile is weird, maybe it's the shape of your teeth, ooh my ears are in the wrong place, my mouth is wide etc.

Do you hate the mirror sometimes? Do you spend hours criticizing the beautiful scars you got? You no different from me. I see them as you see them too sometimes.

We are unhappy with ourselves because we've been taught that things can be fixed over the counter. In desire to look flawless all we do is buy more of the products and love ourselves less. What is self-love? Is it what we buy over the counter? Is it a great make-over every morning? Is it the designer clothes from the most expensive brands like Gucci, Dior just to mention a few? No, it's not, although all feel gratifying. Self-love is not a state of feeling good. It's a state of appreciation for oneself that grows from actions that supports our growth.

Self-love is dynamic, it grows by actions that mature us. When we act and try to expand self-love in us. When we begin to accept much better our weaknesses as well as our strengths. When we do not have the need to explain our weaknesses and have compassion for ourselves as people struggling to find their personal meaning.

For the rest of your life, you are going to be with yourself. The person you will always be with in life is yourself. When with others you are with yourself, when you wake up you are with yourself, every single step you'll make you'll be with yourself. What kind of a person do you want to see at the end of the day? And because that person is you, you've got a responsibility to embrace yourself and be that person you want to be with. You want to be with the best person for the rest of your life. That person just needs a little more love. Love yourself more today!