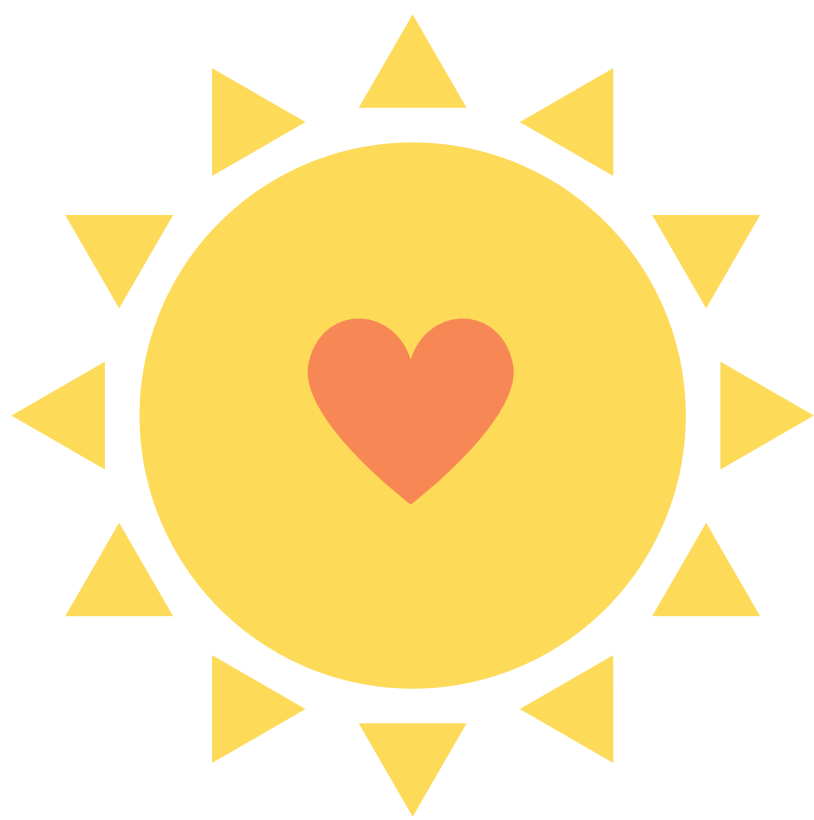




**22 Ways to Create, Inspire and
Practice Self-Love
(a teeny ebook)**



dr. bethanne k.w.

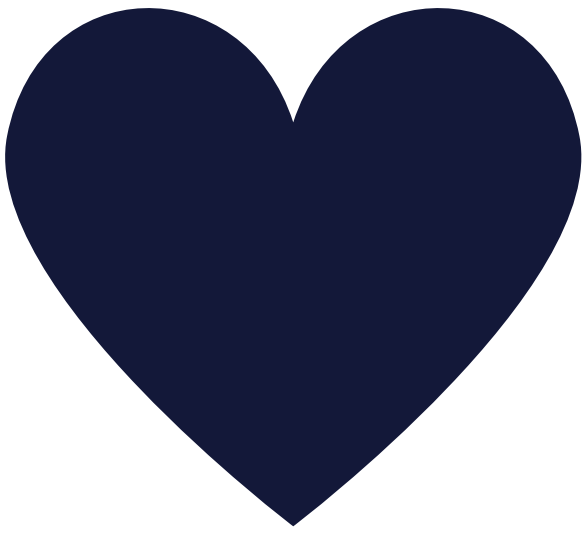




You are for You.

(AND THERE IS NO MORE BEAUTIFUL GIFT
YOU CAN GIVE YOURSELF THAN LOVE)





Sometimes we
forget to nourish
our lovely hearts.

(AND YET OUR HEARTS ARE OUR MOST POWERFUL SOURCE
OF TRUTH, WISDOM, AND LIGHT)

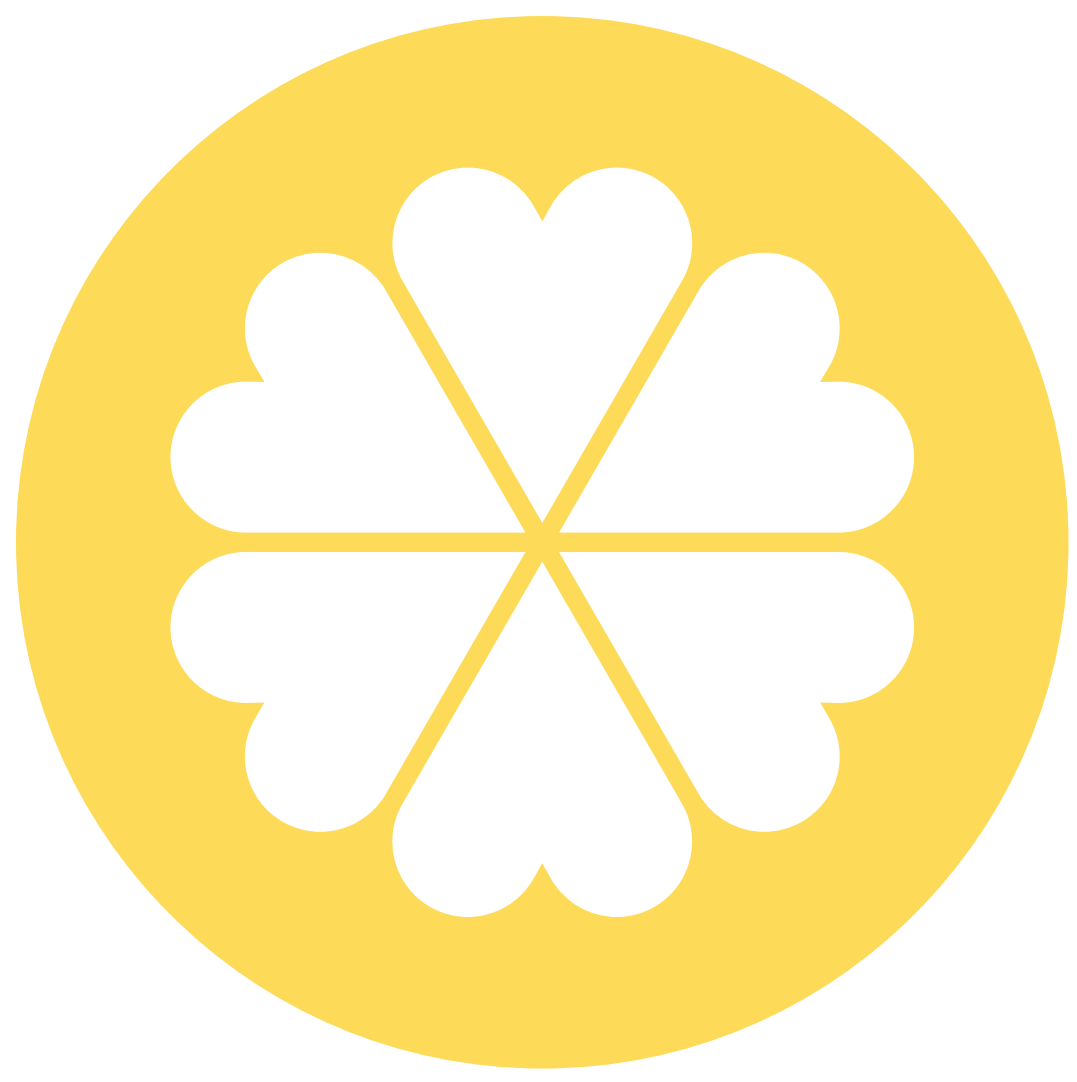




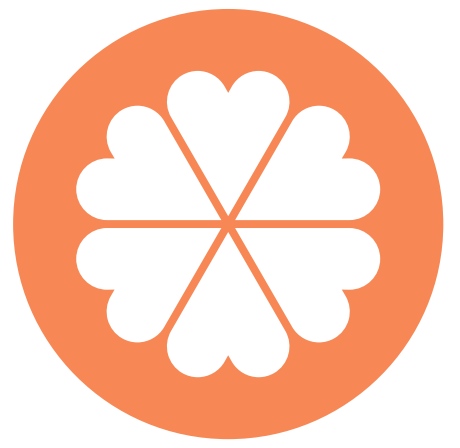
And so, my dear
soul, you deserve
to love yourself
with artistry and
beauty.

(AND I'M GOING TO SHARE
A FEW IDEAS HOW)



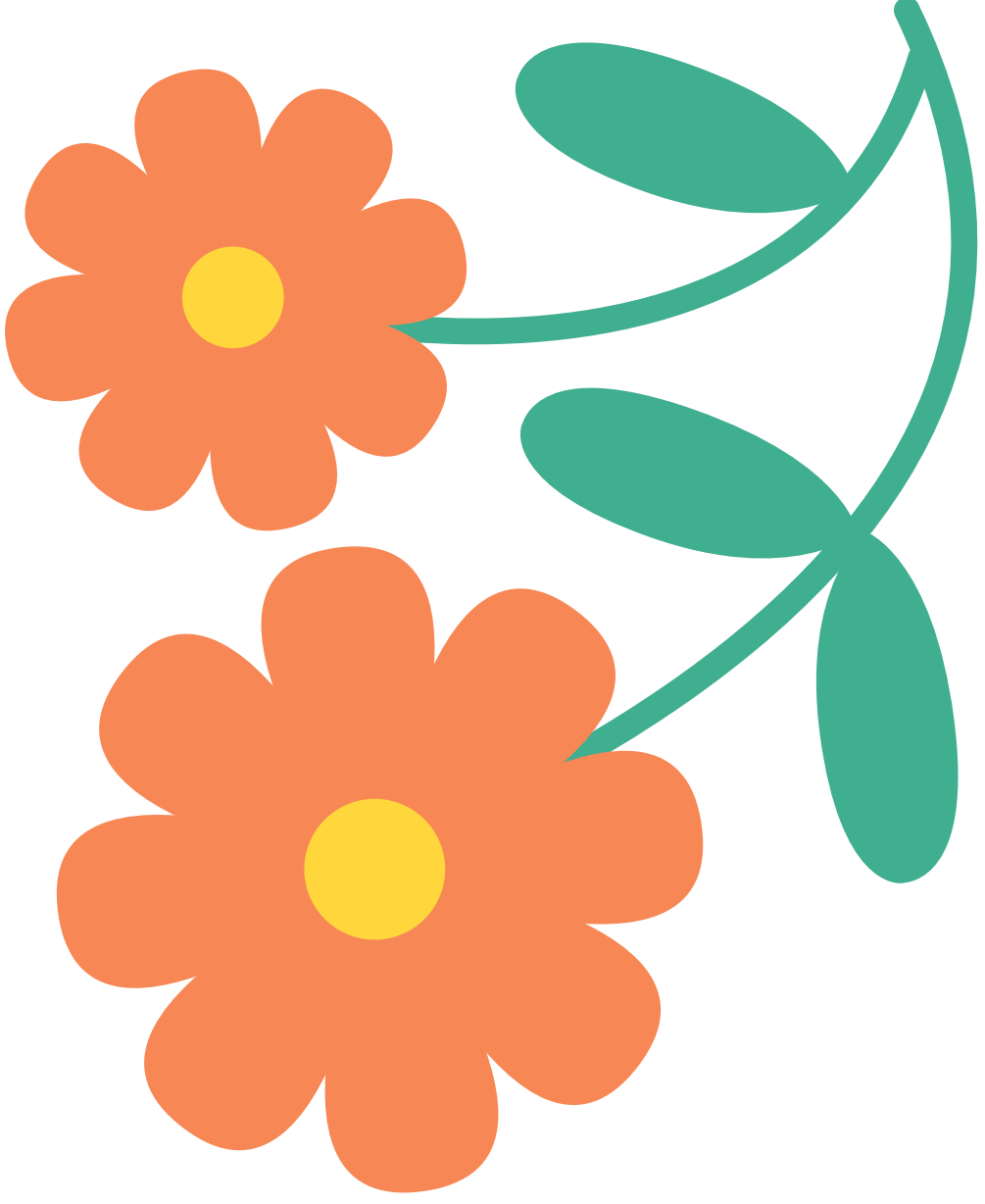


1.
Say, “I am
worthy of love”
to yourself,
frequently and often.



(BONUS POINTS IF YOU SAY THIS
WHILE LOOKING IN THE MIRROR. I KNOW THAT'S HARD
AND YOU MAY FEEL A BIT SILLY, BUT SILLY IS OKAY,
BECAUSE THIS MAKES A BIG IMPACT! PROMISE)

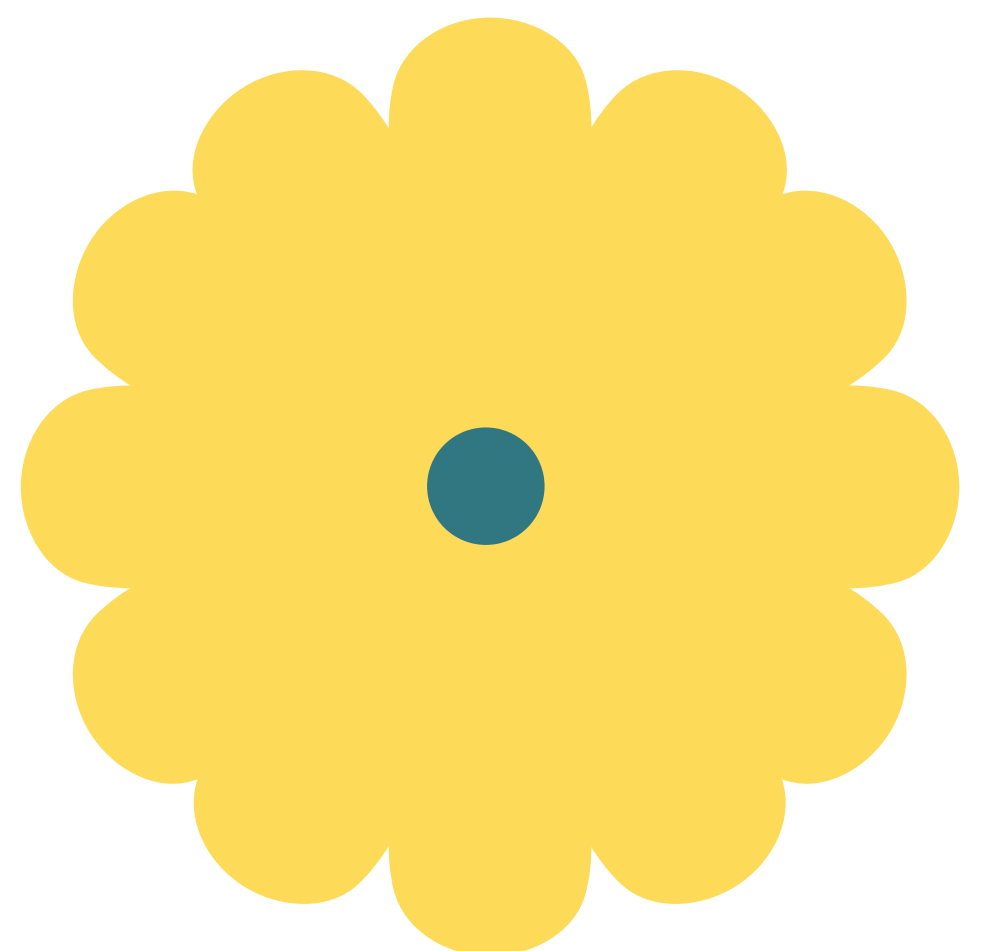




2.

Buy beautiful flowers.
Give them to yourself.
Recognize that you
are worth beauty.

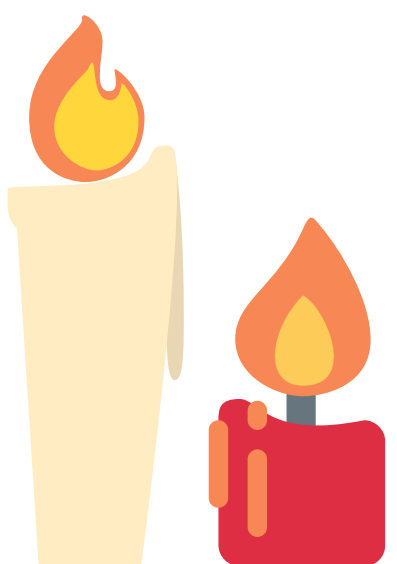
(ALSO FLOWERS ARE COLORFUL AND CHEERFUL
AND YOU ARE WORTH COLOR AND CHEER)



3.

Light candles. Burn incense. Burn sage. Burn healing herbs—and imagine that the flame and smoke is wiping away any thoughts or negative energy that doesn't contribute to loving your whole.

(FIRE HAS THE POWER TO TRANSFORM, PURIFY, AND CLEAR NEGATIVE ENERGY)





4.

Take yourself out
for dinner. A fancy
restaurant. A pub.

A burger joint.

Take away. Your
favorite mac and
cheese.

(DO WHAT MAKES YOU COMFORTABLE,
BUT DO IT WITH THE INTENT THAT YOU DESERVE TO GO OUT
AND BE TREATED AS SOMEBODY SPECIAL)





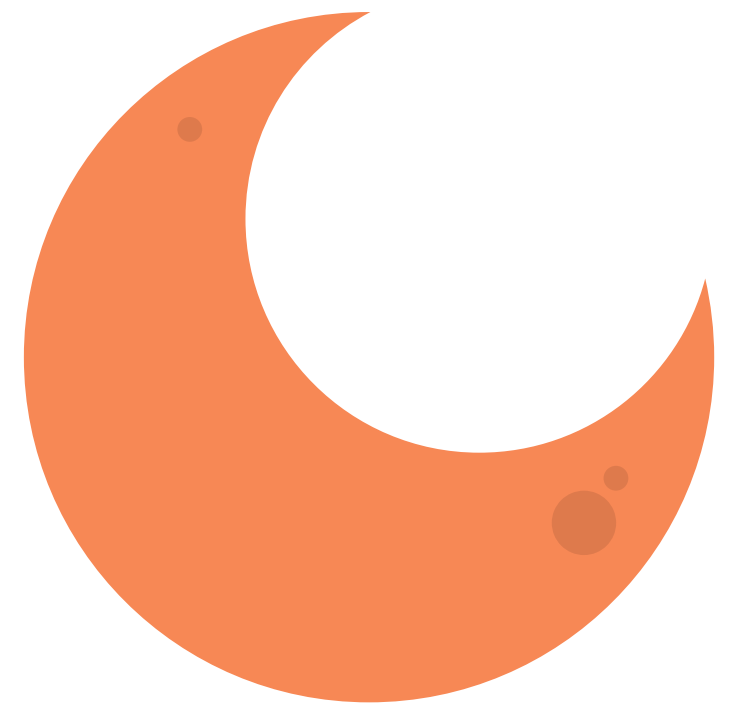
Picture a gentle
peach glow
surrounding you.
Filling you. Encasing
you in a bubble of
soft, apricot light.
Picture that same
light gently sweeping
through you and
filling your heart,
spirit, and body with
the energy of love.



6.
Practice
forgiving
yourself for the
mistakes of
your younger
self.

(MY DEAR ONE, YOU ARE HUMAN AND HUMANS
MAKE MISTAKES- IT IS HOW WE GROW)





7.

Learn to see
yourself through the
unconditional
loving eyes of a dog.

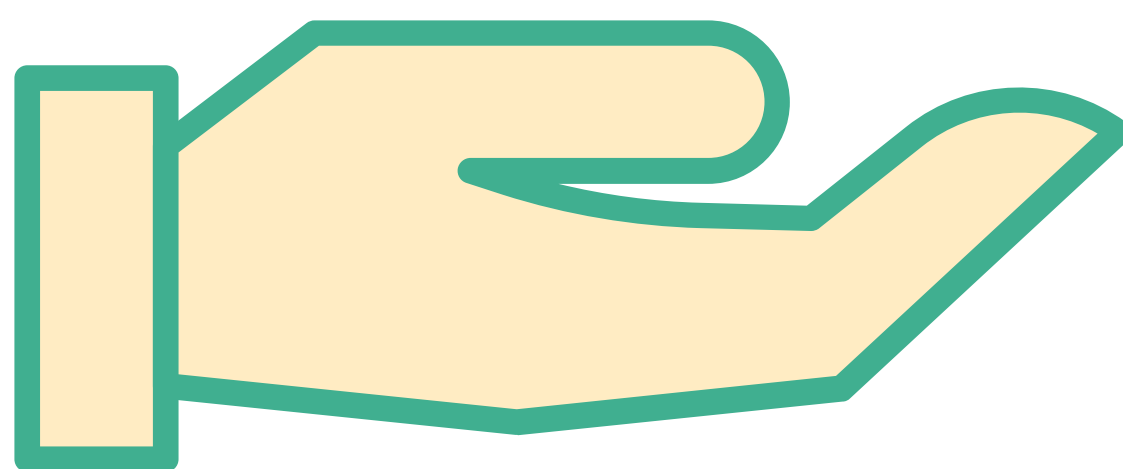
(OR A KITTY, OR A PARAKEET, OR A HORSE,
OR A HEDGEHOG, OR A TEDDY BEAR-
BASICALLY ANY BEING THAT LOOKS AT YOU
LIKE YOU HUNG THE MOON)



8.

Hold your own hand and take 10 deep breaths as you think on the words, “I am here for myself.”

(BECAUSE YOU ARE HERE FOR YOURSELF- THAT'S WHAT THIS LIFE IS ABOUT, YOU DISCOVERING, EXPRESSING, AND EMBODYING THE UNIQUE AND WONDERFUL EXPRESSION OF YOU)



9.

Wear something
that makes you
feel awesome for
no particular
occasion,
other than the
awesome occasion
of you.

(LIFE IS TOO SHORT TO SAVE THINGS FOR SPECIAL
OCCASIONS- EACH DAY IS THE
SPECIAL OCCASION)





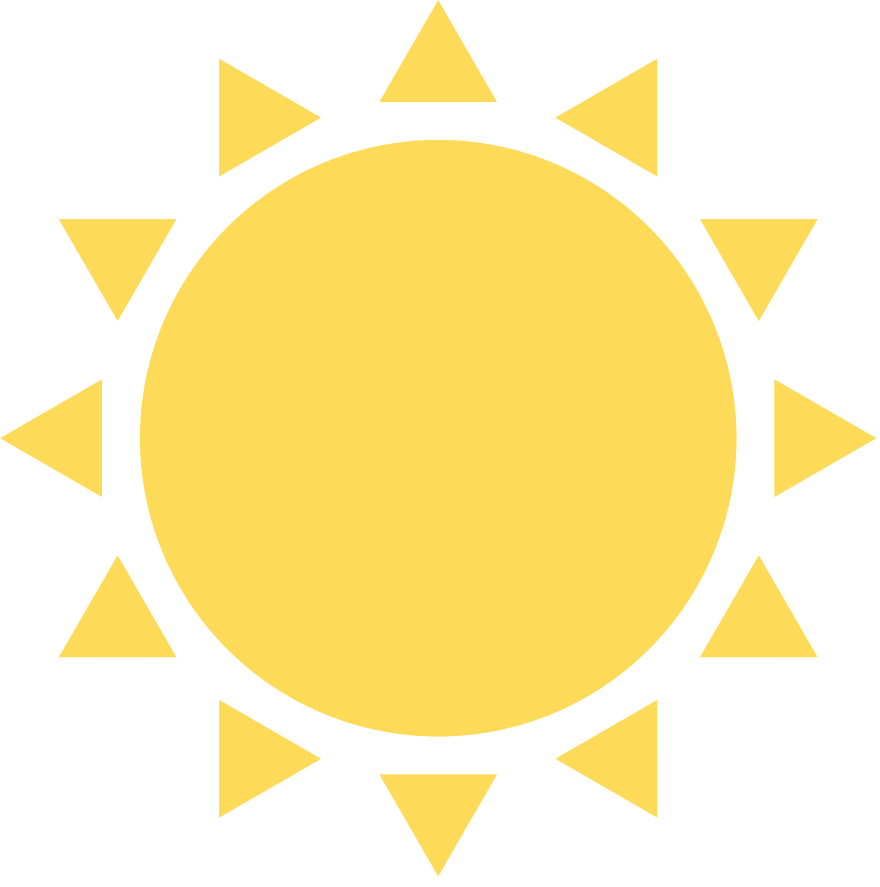
10.

Say, “My heart is
full of love” to
yourself,
frequently and
often.



(BECAUSE IT IS: HEARTS ARE MEANT TO LOVE,
SOMETIMES WE JUST HAVE TO REMEMBER
HOW TO OPEN THEM)





11.

Make a list of all the little things that make you happy. Make a point to include things from that list in your day.

(YOU DESERVE BRIGHT SPOTS OF HAPPINESS
EACH AND EVERY DAY)





12.

Realize that saying
no to someone or
something is
always a yes to
yourself.

(AND YOU ARE WORTH MILLIONS
AND MILLIONS OF YESES)





13.

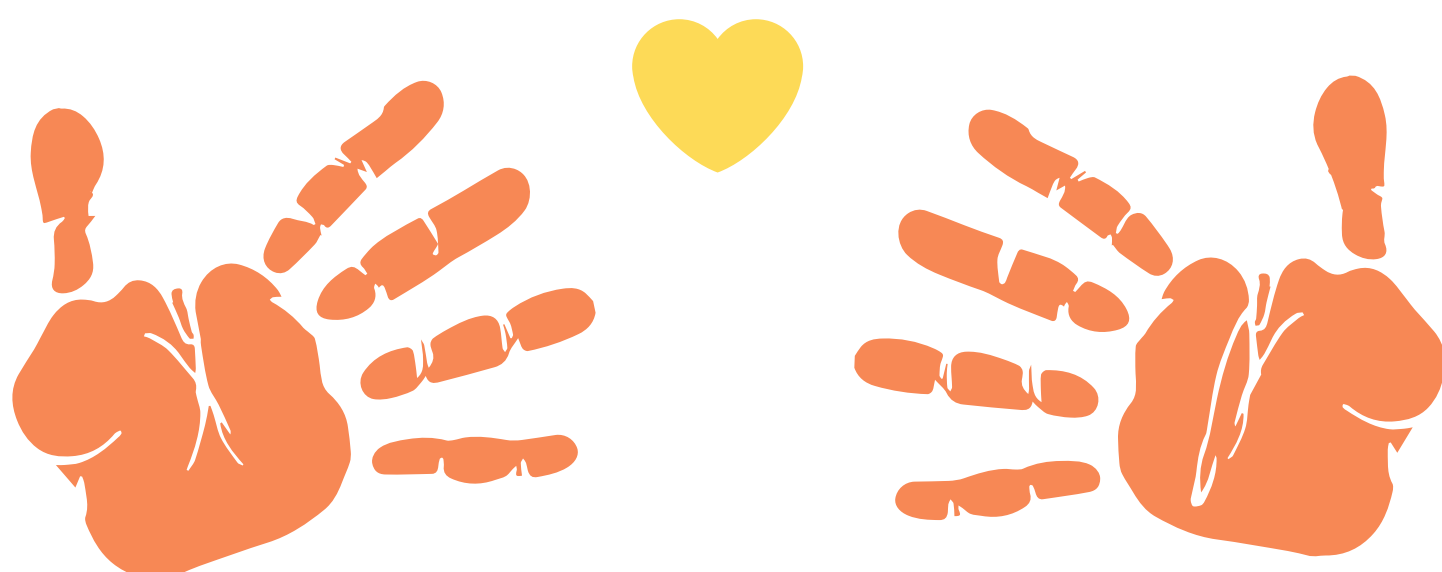
Write a love letter to yourself describing all your wonderful attributes. Be generous, remembering that all of you is beautiful and worthy of love.

(KEEP IT SOMEPLACE SAFE AND READ IT AS OFTEN AS YOU NEED)

14.

Turn your palms upward and look down at them. Your hands are instruments that help you grasp, reach, and create what you want in this life. Say thank you to them for the power they hold.

(TAKE A MOMENT TO NOTICE WHERE YOU FEEL THAT SENSE OF POWER INSIDE)





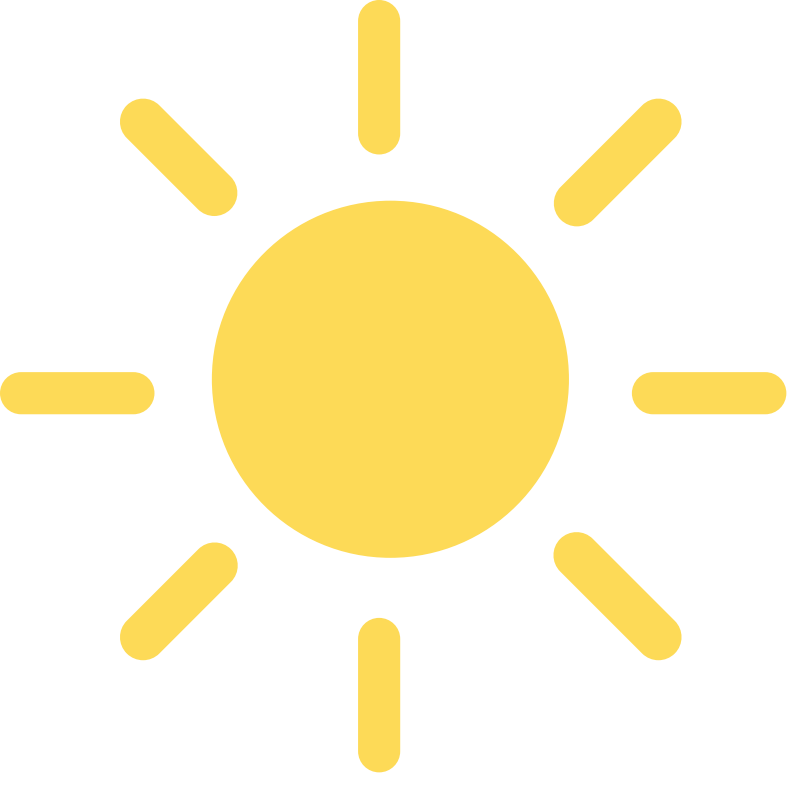
15.

Play. Color. Blow
bubbles. Be
childlike. Watch a
cartoon. Eat cocoa
puffs. Do something
light and silly.

Giggle.

(LEVITY IS ITS OWN FORM
OF HEART MEDICINE)





16.

Invest in your own
self-nourishment.
You only have one
you: one body, one
mind, one heart,
one psyche, one
spirit- so take good
care of you.

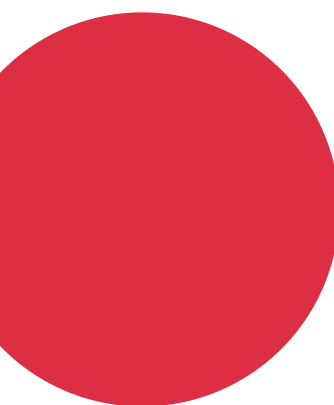
(LIKE WATER AND SUNLIGHT FOR PLANTS,
SELF-NOURISHMENT IS A
NECESSITY FOR US TO FULLY BLOOM)





17.

Learn the art of
saying- "stop it
right there"
whenever you find
yourself beginning
to criticize
yourself.



(INSTEAD TRY SAYING, "I AM AN IMPERFECT HUMAN
BEING WHO IS DOING THE BEST THAT I CAN, I AM
LEARNING AND GROWING AS I GO")



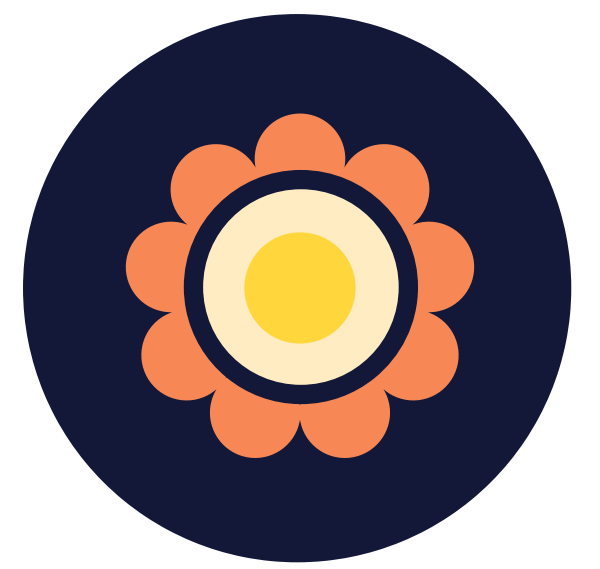


18.

Make time for
yourself a priority,
not an
afterthought- even
if it's just a little
time on those extra
busy days.



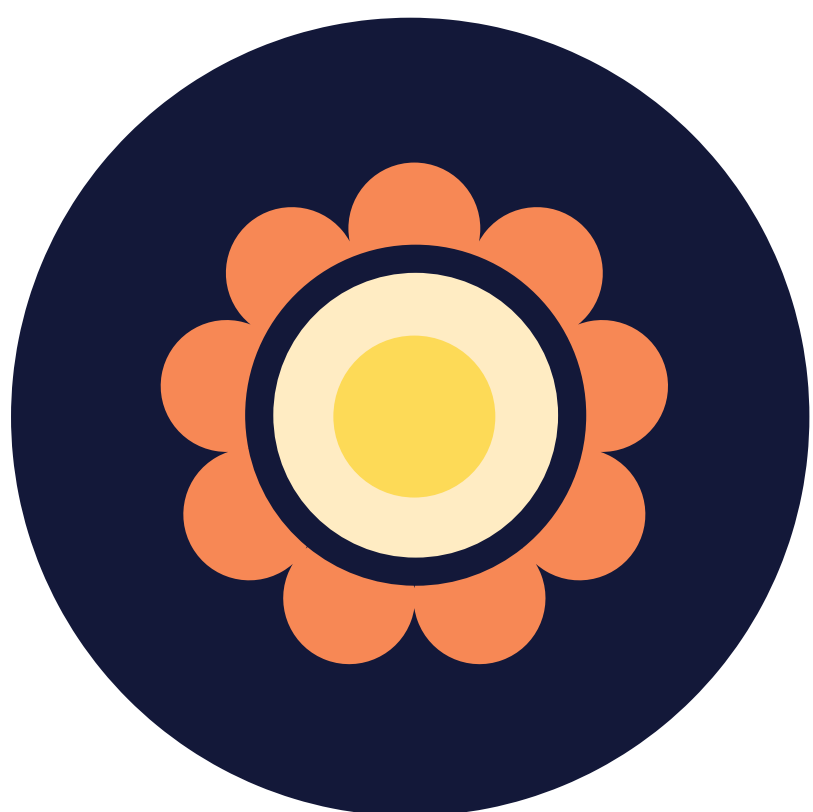
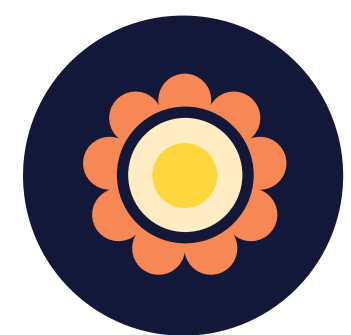
(EVERY LITTLE BIT COUNTS TOWARDS BEING AN INTENTIONAL
PARTICIPANT IN YOUR OWN RELATIONSHIP WITH YOU)

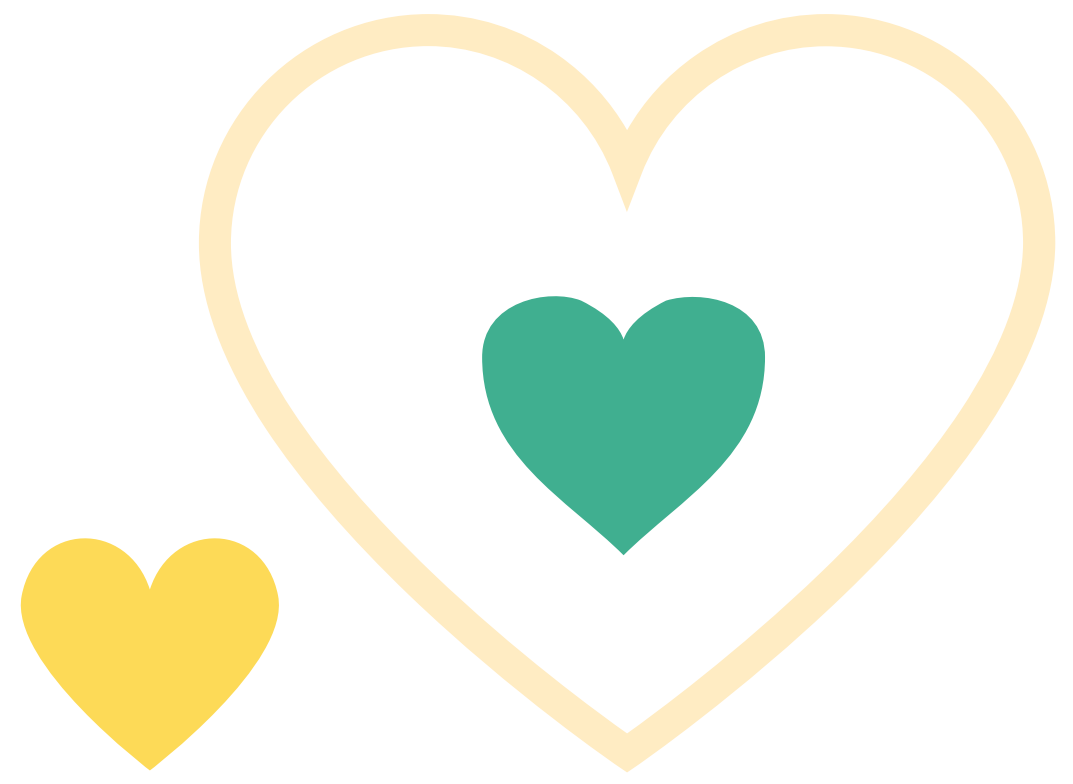


19.

Make a list of things
that bring you joy.
Try and incorporate
something from that
list daily.

(YOU MIGHT EVEN BE SURPRISED AT HOW MANY THINGS YOU
ALREADY DO WHICH BRING JOY INTO YOUR DAY TO DAY LIFE
WHEN YOU TAKE THE TIME TO NOTICE, SAVOR, AND
APPRECIATE)

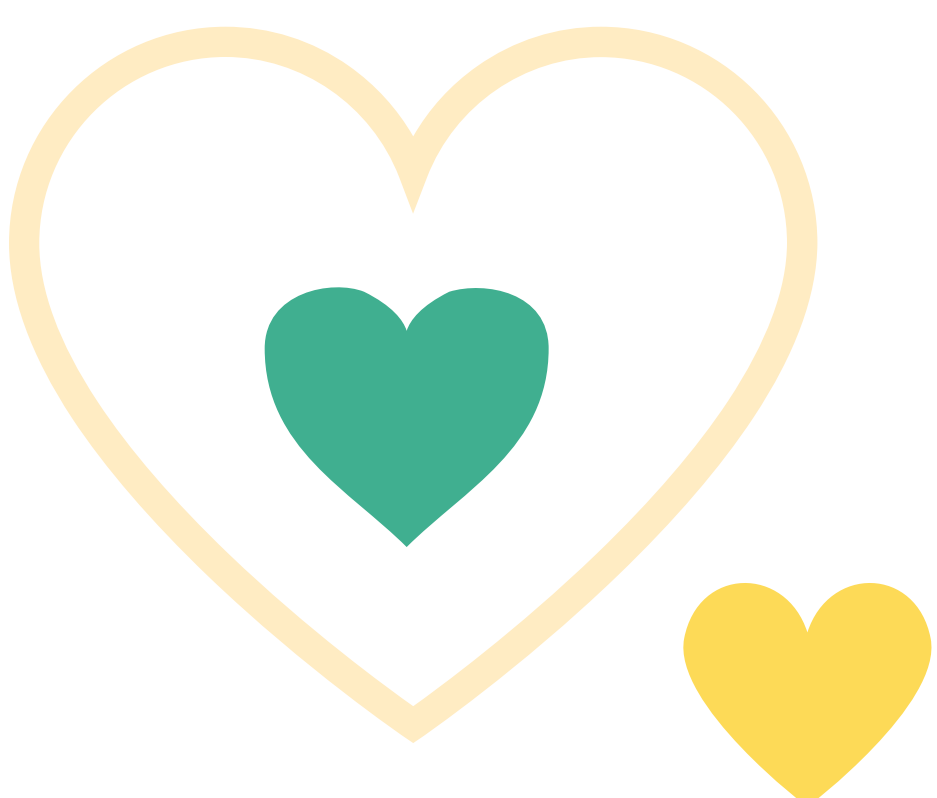




20.

Say, "My heart
is open to myself,"
frequently and often.

(EVEN IF WE DON'T ALWAYS FULLY BELIEVE THEM, AFFIRMATIONS
GO A LONG WAY IN HELPING OUR BRAIN CREATE PATTERNS OF
SELF-LOVING THOUGHT)



21.

Remember- your
being is a
fluid piece of art
expressed through
your living. You are
a gorgeous work in
progress subject to
new colors and
patterns and
shades.

(AFFIRMATION; I AM CREATIVELY BEAUTIFUL AND I AM
ENGAGED IN CREATING MY BEST LIFE)



22.

Work on realizing
that all parts of
yourself are valid
and part of your
whole, which
means all parts are
equally deserving
of love.

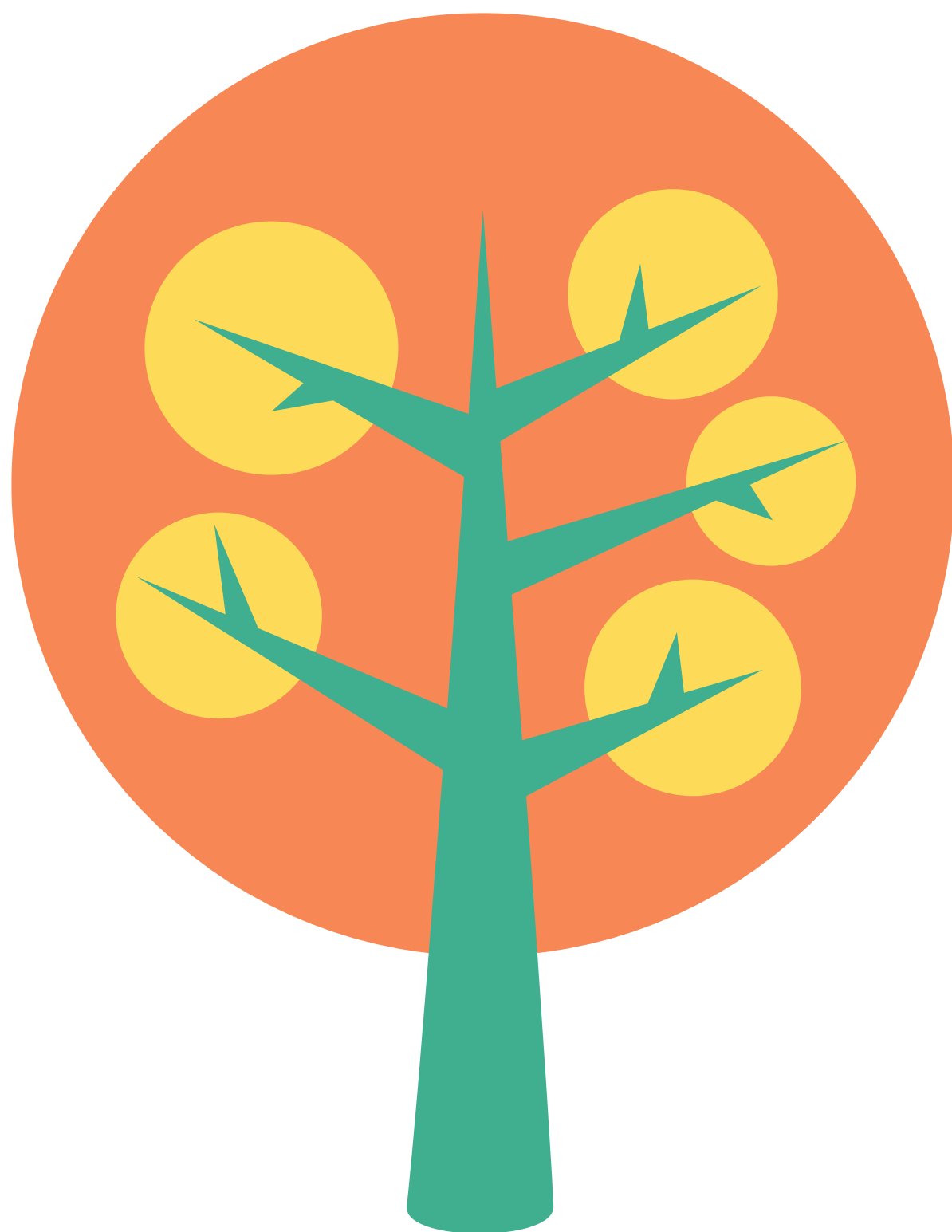
(UNLIKE THE HUMAN MIND WHICH LIKES TO LABEL THINGS,
LOVE DOESN'T LABEL: IT JUST IS, AND IT IS FREELY
AVAILABLE TO ALL PARTS OF OUR SELF)

love 

So, make it a goal to
bring as much love
into all spaces of you
as you can, and give
yourself lots of grace
and space to grow.



(THE END)





(p.s. remember,
when you invest in
yourself, you will
always find a
beautiful return
on your investment.)

(IN HOPE, DR. BETHANNE)

You can find more
heart magic, life
perspective, and
soul care at:



BETHANNEKW.COM

Dr. BethAnne K.W. (BethAnne Kapansky Wright, PsyD, LP) is an Intuitive Psychologist, Writer, and Guide. She loves to teach others to tap into your heart magic, life wisdom, and soul-care, so you can live your brightest life. She lives on the gorgeous island of Kauai, and when she's not busy writing about the journey of being human, she can be found out on a red-dirt jungle trail or down by the ocean, listening to sea songs and pretending she's a mermaid.

