

How Do I Love Me? Let Me Count The Ways 😊

Based on her years of counseling with clients, Louise Hay came to believe that not loving themselves was at the root of every problem. Below is her checklist.

- ♦ Criticizing ourselves for every little thing
- ♦ Neglecting or mistreating our bodies
- ♦ Being afraid to charge a fair price for our services
- ♦ Creating pain or illnesses in our bodies
- ♦ Putting off doing things that would move us forward on our path
- ♦ Surrounding ourselves with clutter (or chaos)
- ♦ Creating financial debt
- ♦ Attracting various kinds of relationships that abuse us in some way
- ♦ Keeping our gifts hidden deep within us instead of sharing them with the world
- ♦ Allowing ourselves to stay stuck because we fear we can't do any better

What's on YOUR checklist?

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