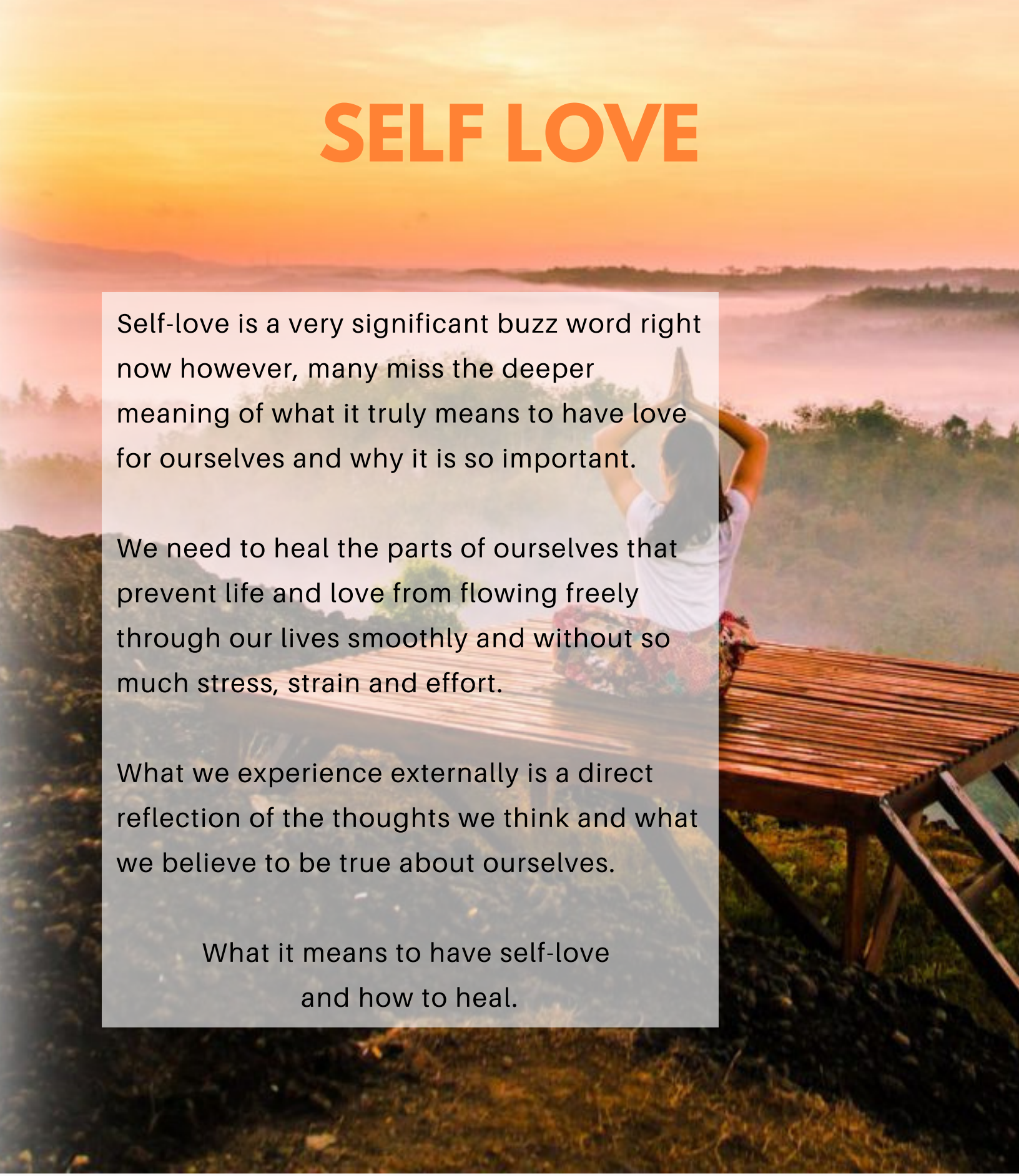
SELF LOVE



Self-love is a very significant buzz word right now however, many miss the deeper meaning of what it truly means to have love for ourselves and why it is so important.

We need to heal the parts of ourselves that prevent life and love from flowing freely through our lives smoothly and without so much stress, strain and effort.

What we experience externally is a direct reflection of the thoughts we think and what we believe to be true about ourselves.

What it means to have self-love
and how to heal.

PHYSICAL SELF-LOVE

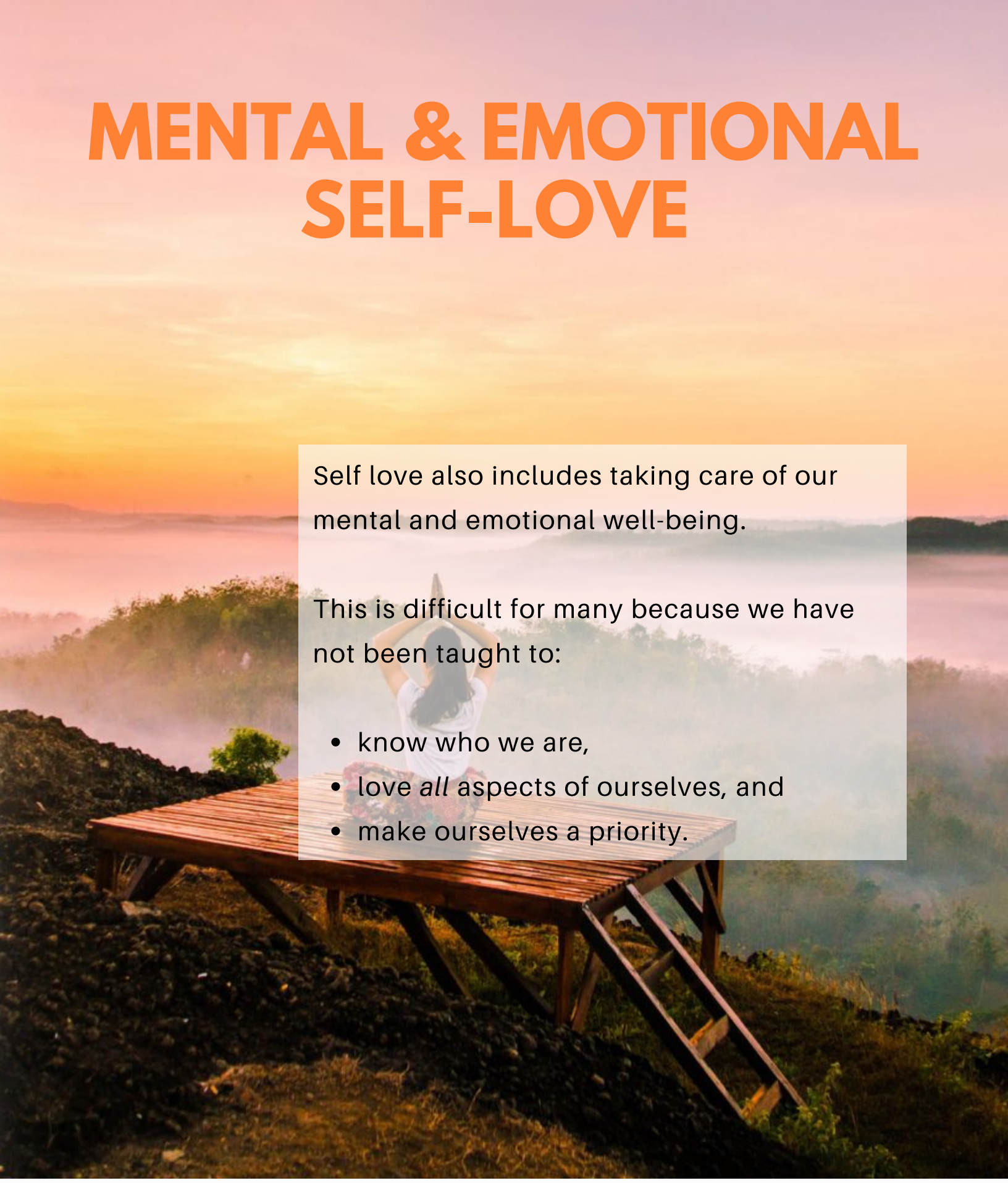
When we think of self-love we think of doing nice things for ourselves like getting a massage, getting a mani/pedi, pampering ourselves in a way that makes us feel relaxed and good about ourselves.

These are all parts of our self-care which is an expression of self-love.

When we make ourselves a priority and take care of our physical well-being we feel good about ourselves.

That's exactly how we want to feel as often as possible which means **we need to make the time to take care of ourselves.**

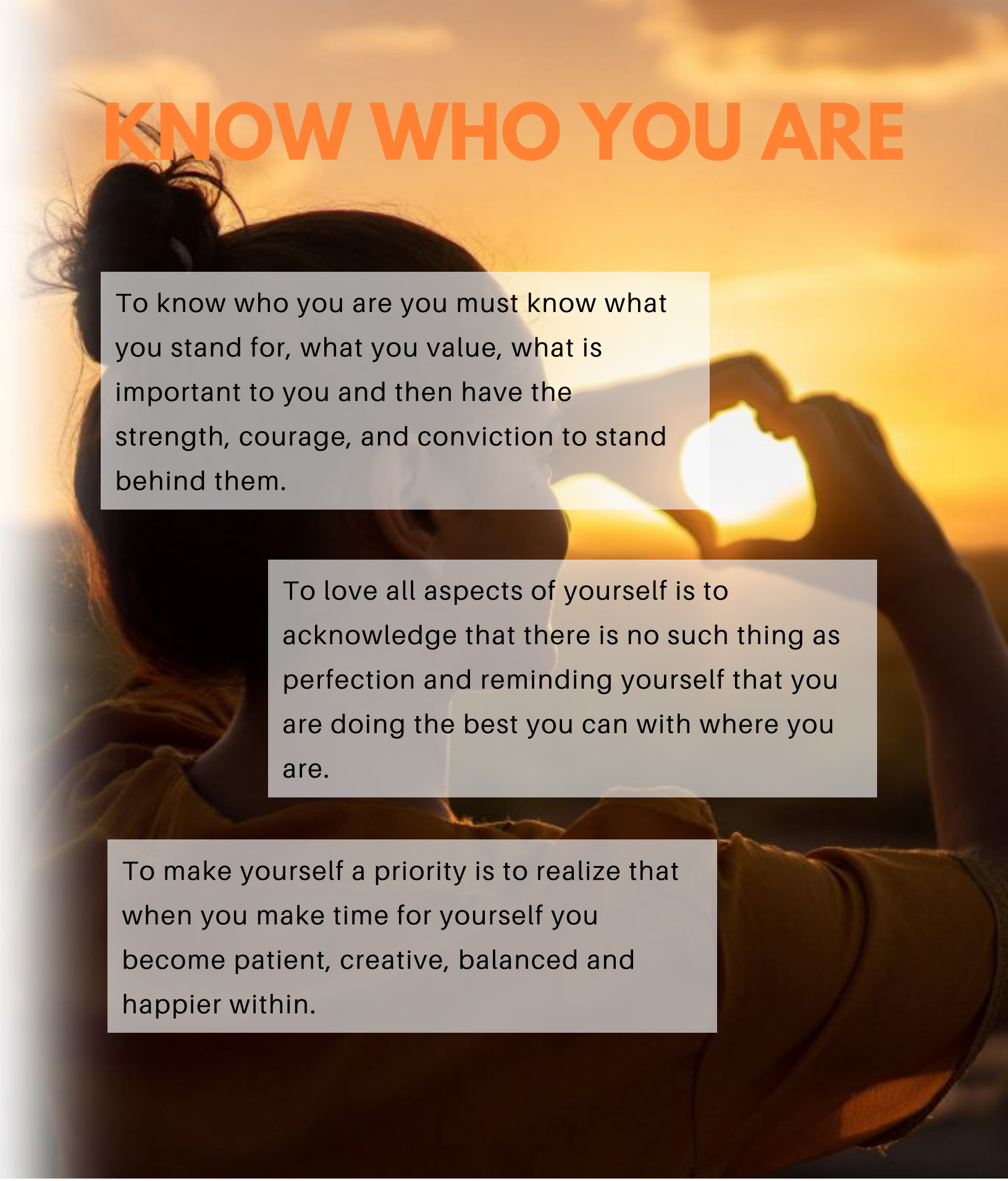
MENTAL & EMOTIONAL SELF-LOVE



Self love also includes taking care of our mental and emotional well-being.

This is difficult for many because we have not been taught to:

- know who we are,
- love *all* aspects of ourselves, and
- make ourselves a priority.



KNOW WHO YOU ARE

To know who you are you must know what you stand for, what you value, what is important to you and then have the strength, courage, and conviction to stand behind them.

To love all aspects of yourself is to acknowledge that there is no such thing as perfection and reminding yourself that you are doing the best you can with where you are.

To make yourself a priority is to realize that when you make time for yourself you become patient, creative, balanced and happier within.

BECOME YOUR OWN BEST FRIEND

The greatest gift we can give ourselves is the gift of positive self talk. It builds our self-esteem and empowers us to accept ourselves as we are.

We need to become our own best friend so that when there is no one else around we are happy with who we are and we know that we are enough.

The love we have for ourself *will* radiate out from us and in turn will bring the very same back to us but 10 times over.

IRIS SIRIANNI HEALING & COACHING
WWW.IRISSIRIANNI.COM

SPIRITUAL SELF-LOVE

The most often overlooked and important piece to our self-love is our spiritual well-being.

Taking time to find stillness within helps to quiet our mind and be more present in the moment.

We are often fearful and anxious, trying to anticipate and control what is going to happen in the future or we live in the pain of our past, which keeps us stuck and prevents us from moving forward in life.

Mantra: I find peace, calm and balance in the moment.

SELF-LOVE

It's very easy to lose ourselves.

- We judge ourselves,
- We make others a priority,
- We over-give of ourselves and then become exhausted, overwhelmed and resentful,
- We are scared to implement healthy boundaries, and
- We don't ask for what we need.

As a result, it may feel as though our identity has been scattered into a million pieces.

COMPLIMENTARY CONSULTATION

Helping you to gather the scattered pieces and guiding you to reclaim your personal power is my passion.

To learn more, and to book a complimentary consultation visit my website:

IrisSirianni.com

With love,
Iris