

# How to

## change your life by loving yourself

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# How to change your life by loving yourself

First, I would like to say, ***thank you*** for downloading this guide.

In this guide I am sharing the EXACT things that I did to heal from all the ways I was told I wasn't good enough, what I would never be able to achieve or have in my life, all the relationship disappointments and heartbreak I experienced, all the alcohol abuse, and the abuse that was part of my teen years and all the stories I made up about myself as a result. *(That's what we do. We make up stories about who we are and what we are capable of based on the meaning we gave to the experiences of our past).*

Can you image if you had a voice in your ear everyday, since you were a baby, telling you how amazing, talented, capable, perfect as you are, more than enough, and smart enough? You would absolutely see yourself in a completely different way, right?

That is exactly what you are going to do, starting with this guide.

I started with these practices and it changed me *(which is where all change starts)* which in turn changed my external experiences.

My wish for you is that you see how amazing your are and create an equally amazing life for yourself.

with love and gratitude always,
Iris

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# You are the centre of your Universe

Have you ever heard anyone ever say to you, *'You are not the centre of the Universe. Life does not revolve around you'*?

Well actually this is completely false because you are at the centre of everything you create. Your inner-world *(comprised of beliefs, thoughts you think, what you say, and all the associated feelings)* is what is creating your life experience.

In other words, if you subconsciously believe you are unworthy or not good enough or smart enough you will also have thoughts that support that belief such as:

*When I lose weight, then someone will love me, *(unworthiness belief)*
*Once I am successful, then my dad will be proud of me, *(unworthiness belief)*
*I wish I looked like her/him. I bet they have no problems finding someone. (*comparison, not enough as you are belief)*
*I am always the 3rd wheel. *(comparison, I am not enough belief)*
*Why bother trying. Things never work out for me anyways. *(lack of belief in self)*
*I can't afford that! I never have enough. *(lack of belief in self)*

Your self-talk and the words you speak to others carry more weight than you realize because words affirm what you believe to be true about yourself which in turn invokes negative feelings about yourself, which then creates more of the same experiences.

When it comes to the Universe/God/Spirt, etc., you are always being listened to and the response is always, Yes! No exceptions. So if you are always speaking negatively about yourself and what you believe you are capable of, the Universe will always look for more experiences that support what you believe about yourself.

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## and this is only one reason why

learning to love yourself is so important.

The other reason is because you have forgotten who you really are.

You were molded into being who you are today from the time you were born. You learned and interpreted **everything** you saw, heard, and were taught by everyone who had influence over your life; *parents*, *family members*, *teachers*, *sports coaches*, *daycare employees*, *religious officiants and even social media*.

Because of all our life experiences and everything we have and still continue to absorb, many people struggle with low self-esteem, low self-worth, low self-confidence, low self-love and struggle with depression.

Now that you have a few basics I want to say that you are very capable person.

You have already learned one way of being which means you are completely capable of creating V2.0 of yourself - *through self-love* - and I am going to share all the things that I did for myself that has allowed me to create who I am today and continue to create a life that feels amazing to me.

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# 1. Build a connection with Spirit

I started waking up, *spiritually*, almost 14 years ago when, bit by bit, my life started to feel more and more uncomfortable, until 2019 when it all came crashing down. Up until then I didn't believe in God/Spirit/the Universe, Angels or a spiritual team.

I always questioned if there was more to life that this but other than that I did what I was raised to do; get married, have kids, work my ass off in a career to survive, follow all the rules, and try to live up to the expectations of others.

When the Universe starts to take things out of your life it's painful but it also opens the door for a higher version of you to emerge. We *do* live in a Universe of free choice and everyday, even in every moment, we have a choice to surrender to what is trying to emerge for our highest good or fight to hold on to what we know even though it's unbearable and we want things to be different.

I wasn't doing a very good job managing my life on my own so I decided that I would hand it all over to the infinite Source of Love which created everything. I chose to surrender to the Universe because I couldn't keep doing what I was doing and I didn't know how to fix myself or my life.

So I started to build a relationship with Spirit. I learned to meditate so I could hear the unspoken. I started to pray and ask for help. I started having regular conversations with my spiritual team *(once I learned I had a spiritual team)*. I tended to my relationship with Spirit the way I tended to any relationship I was in. I poured myself into this relationship except what I received in return was so much better.

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# 2. Quit Social Media

Social media, for me, had become the place where my self-confidence went to die.  That sounds dramatic, doesn't it!

All media, not just our social platforms, are ways that can,

- *keep ourselves distracted from ourselves,*
- *keep us disconnected from having true, meaningful connections with others,*
- *create more shame about who we are via comparing ourselves to moments in time that are posted by others,*
- *flood our minds with too much information creating overwhelm and confusion.*

When we consume so much of what others are doing and how they appear to have it all figured out or have some magic key that transformed their business success or life overnight, the comparison keeps us feeling less than.

I am not against social media at all.  In fact I think it can be a very useful tool in many ways. However, because of all the ways I listed above I decided to take a one year break from social media except for the video's I uploaded to YouTube for my business.

You may find this difficult but if you are working on self-love you will need to focus on yourself instead of what everyone else is doing which leads me to number 3.

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# 3. Build a new relationship with yourself

Disclaimer: *If you decide that you are going to take the next year to build a relationship with yourself, there will most likely will be people in your life that will not like this because this is a time where you are by yourself. You may even here others tell you that you are being selfish, and you are, but in a very healthy and self-empowering way that benefits you first, and everyone else if they choose to follow the path you are laying for them.*

When I really started to focus on myself and began pouring all the love, attention, positive, encouraging and kind words that I gave to others into myself, I bumped up against every belief I had about who I was supposed to be because that was who I had always been. It was how I was raised and conditioned to be.

Journaling became my constant companion. I wrote out all my anger and frustration, while tears dropped onto the pages. I wrote about epiphanies. I wrote about new experiences. I wrote out my sadness and happy moments. I wrote out journaling prompts about my beliefs and asked myself if they were really true for me. The deeper I allowed myself to go, the more answers came.

This process is about questioning everything that you believe to be true about yourself, discovering where you learned to believe that and then deciding if you would like to continue believing that.

You begin pouring yourself full of kindness, and compassion for everything you have gone through as you did your best to survive *(because that's what most people are doing ... trying to survive)*. You give yourself time to mourn the loss of who you used to be, not yet knowing who you are becoming.

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# 3. Building a new relationship, continued

You give yourself grace when you fall back into old stories and patterns, or forget that you decided you are no longer beating yourself up with negative self-talk.

Please understand that the people in your life right now love/like who you are today. As you transform, they will continue to like who you used to be and may not like/love who you have become. That is okay. It's most important that you love who you have become.

I love who you are **and** who you are becoming.

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# 4. Affirmations

People used to say, *'sticks and stones may break my bones but names will never hurt me'*. Yes they will and they do!

Words have the ability to save a life or to hurt deeply.

You have lived a lifetime of hearing what others had to say about you as well as things you say to yourself. Not always something along the lines of, *'I'm so stupid, why did I say that'*, but maybe along the lines of, *'why can't I just lose weight*! *What's wrong with me'*.

These words hurt you deeply. These words are a reflection of how you feel about yourself. I used to say to myself, *'Why can I never be happy in a relationship? What's wrong with me*!*'*

*Of course there is nothing wrong with me, or you*! *Each time you say negative things to yourself it is in response to a belief you have about yourself and that somehow you are deficient in some way.*

*Let me tell you this.* ***God makes no mistakes. You were born perfect, whole and worthy.*** *Life and your experience of it is another story.*

As I began questioning my old beliefs and creating new beliefs I needed support with new words I could say to myself so I could believe these to be true so I recorded affirmations for myself.

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# 4. Affirmations, continued

I listened to them first thing in the morning, during the day when I caught myself feeling bad about myself and my life, when I was triggered, while I was driving, or was at the gym and while I was falling asleep.

As we fall asleep our subconscious mind is more susceptible to suggestion but my old ways were deeply rooted so I recited them as much and as often as I could.

My recordings have changed many times as I continue to be the best version of myself.

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# 5. Write about the good things

I did this for a while because all I could focus on was everything that had gone wrong, how I regretted leaving a long term relationship that I had been so unhappy in for too many years.  I had forgotten all of the things that were good about me.

So for a period of time, I wrote about all of the good things that had happened in my life, and like me, you have likely had some fun times and adventures too.

I also wrote about the things that I DID like about myself.  This helped put me into a better mindset.

I am sure you can think of a few things you have accomplished that you feel proud of.  I am also sure you can think of a few things that you like about yourself too.  Perhaps you are good at organizing spaces or making people laugh.  Look for the little things.

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# 6. Quit people and habits

I quit drinking alcohol.  Alcohol was something that I had a few challenges with over the years even though I didn't start drinking until I was in my 30s.  Up until that point, I could take it or leave it except for a short stint in my 20s when I went to the clubs.

Alcohol became a problem for me when stress became too much for me to handle and I felt lonely. It also became a problem for me when I felt ashamed of how much I was drinking alone then trying to hide the bags of empties before I took them to recycling.

It wasn't until I began my inside journey of self-discovery and self-love that I was able to change my relationship with alcohol.

I began to notice how I felt after spending time with different friends and slowly we began to drift apart because I was changing and we no longer shared the same connection we once had . . . . *which usually involved too much alcohol.*

I ended a long-term relationship that I had been fighting to create a healthy connection in and to feel safe in for years.  I also did this in a shorter term relationship when I recognized an old pattern of alcohol abuse resurface just so I felt I fit in and belonged.

**You begin to choose yourself when you learn to love yourself.**

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# 6. Quit people and habits, continued

You may not have an alcohol issue. Your way of coping may be food, or drugs, or gambling, or something else but when you are on a self-love journey you will shift your relationship with your coping mechanism and one day you will just decide that you know longer need it.

You will also begin to notice how your relationships change.

You begin investing in new habits that support the self-love you have been nurturing and as a result new people and opportunities appear that reflect this.

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# Final thoughts

You may be thinking, '*Wow, that's a lot of work' and you would be right.*

*In a paradigm that has taught us what to think, how to feel, how to act, to follow the rules because that's the way it's always been, conform because that's the way it's always been, to be quiet, to stay small . . .* you get the idea, it's easy to look outside yourself to try to find yourself, to feel love, to feel connected, to fit in, to feel like you belong, and to feel loved.

Learning to love yourself comes with incredible blessings. You feel confident in who you are, you become fearless in sharing your unique gifts and talents, you have healthy boundaries, not to keep others out but to protect your well-being. You take more risks because you belief in yourself. Your relationships are healthier, your finances improve.

Life becomes more enjoyable and you are more easily able to navigate through the challenges you will encounter.

It's a journey and there is no rush to any finish line. Invest in yourself. Pour everything into yourself for the next year. Become the person you are meant to be.

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You are powerful

You are whole

You are worthy and good enough exactly as you are.

To learn more about me and my work visit my website www.irissirianni.com or follow me on YouTube where I post weekly video's to help you on your journey

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