

7 STEPS TO A SELF-LOVE

Mindset

1

Make a Commitment to the Lifestyle

It's time to put yourself first! Make a pact to commit yourself to the self-love journey! Make the intention to eventually **accept everything about yourself, even things you don't like**. Know that not everyone will like these changes, but that you are doing this for yourself.

2

Have Realistic Expectations

Deep rooted beliefs can take months and years to change! Make room for self-forgiveness and patience. **Commit at least 1 year to Self-Love**. Get rid of "toxic positivity" and start getting honest.

3

Take Responsibility

We cannot control other people's behavior, but we can take responsibility for our own. This is very empowering! Make a pledge to stop blaming others, and step into personal accountability. **You'll thank yourself later!**

4

Get Honest With Yourself

How are YOU showing up in your life and relationships? Healing wounds can bring painful feelings to the surface. **Get a therapist, coach, or a mentor to help you work through this**. Asking for help may be new to you, but it's an important step to putting yourself first.

5

Take Emotionally Risky Actions

Start making small choices where you honor yourself instead of pleasing others. Get a bit outside your comfort zone. Remember that to get something different, we need to *do* something different. You've got this!

6

Focus on Feelings More than Goals

Goals that are based on people-pleasing or societal expectations are not fulfilling goals. **Build-It-Backwards by first getting in touch with your true feelings and desires**. Journal, talk to a friend, self-reflect!

7

Find Your Community

Sometimes on this journey, we lose people that turn out were not truly our friends at all. It's a normal process to find a new tribe. **Join my private Facebook group to be supported by a community of like-minded folks, who are also on their Self-Love journey!**



Gloria Zhang

www.selflovewithgloria.com

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