

# HER

Spiritual &   
Self-Love Summit

BECAUSE A BUSINESS  
WOMAN IS SO MUCH MORE  
THAN HER BUSINESS

[www.herbusinessrevolution.biz](http://www.herbusinessrevolution.biz)

## DEVELOPING A SELF-LOVE HABIT WITH AFFIRMATIONS

How often do you find yourself being self-critical? Perhaps blaming yourself when things don't go well, apologising when something is not your fault, looking in the mirror and only focusing on perceived flaws or berating yourself for not being good enough in some way. Does this resonate with you?

This may be a pattern you have brought forward from the female role models you grew up with, through the media and unrealistic expectations of women (there are so many!) or perhaps you were told you were not good enough by a parent, teacher or someone else in your life or you compare yourself to others? It may be a combination of these things or something else but I am here to tell you it simply isn't true and now is the time to start loving yourself as your relationship with yourself is the most important and the foundation from which all other relationships are built.

*\*You are good enough and always have been \*You are worthy \*You deserve love \*There has never been anything wrong with you \*You can love you right now \**

Whatever the reason you can change the voice in your head to one of love, support and encouragement as you develop a self-love and self-acceptance habit.

**Affirmations** are a powerful way of changing your thoughts to more positive ones and a great place to start, this can be done in several ways. To start with sit and repeat the affirmations to yourself for five minutes, if you feel able to do this whilst looking in the mirror.

*"I am lovable, I am worthy, I have everything I need within and all is well, I love and accept myself just as I am"*

This is a practice you can do each day for a few minutes at a time and it can involve mirror work, writing the affirmations down repetitively or saying them to yourself in your mind or out loud whenever you have the opportunity or need a reminder of how amazing you are. With practice this will become easier and it may take perseverance.

[www.tinaread.co.uk](http://www.tinaread.co.uk)



February 2021