



Take good care of you

14 February 2014

Hello

It is Valentines' day, and traditionally this is a time to think about our partners. However those without partners sometimes wonder what to do with this day. Well you can keep it the same as any other day, or you could deliberately think about showing yourself some love. Every person, whether they have a relationship with someone else or not, has a relationship with themselves. The relationship you have with yourself is very important. It sets the scene for the quality of all your other relationships. If you have a poor relationship with yourself, then don't be surprised when you have poor relationships with others. If you treat yourself badly then don't be surprised if others treat you badly or complain that you treat them badly. No matter the issue my clients present with - be it, "My business is not working the way I want it to", "My career is not going the way it should", "My finances are a mess", "My relationships don't work", there is always some work to be done on the self. When you have a good relationship with yourself; when you have high self-esteem and self-worth, all things in your life just work better.

This newsletter is about you and how good a partner you are to yourself. And it has nothing to do with narcissism or arrogance. It is about accepting and liking yourself. And when you accept and like yourself, then you can accept and like other people. When you are at war with yourself, you are likely to be at war with others.

I lovingly take
time to care
for my mind,
body and soul.

How you treat
yourself is how you
are inviting the
world to treat you.

How can you be nice to yourself? How can you treat yourself as someone you like and care about? I want you to consider your answers to some questions.

- Do you ever take time out and do something that you love to do? And how often do you do this? While you are thinking about the answer you can also think about if you even know what you really like to do. Or is your life full of going along with the plans of everyone else?
- Do you spend time in environments (home and work) that make you feel positive and happy? Are they comfortable? Do you have items important to you around you?
- Do you do work that you enjoy and that you are good at? If not, why not?
- Do you surround yourself with nurturing people? Is there a balance of give and take amongst the people in your life, or is it mostly take?
- Do you commit to things out of guilt or obligation?

- Are you angry with people because you don't feel they meet your needs or don't care about you?
- Do you ask for what you want?
- Do you settle for second best?
- Do you break promises to yourself?
- Do you give to others in order to feel worthwhile or good?
- When you are stressed and tired do you take time out?
- Do you secretly long for recognition and appreciation?
- Do you always put the needs of others above yours?
- Do you hate saying "no" or disappointing people?
- Do you often criticize yourself?
- Do you say sorry when there is nothing to be sorry for?

If you are not being nice to yourself then it is time you started. Other people take their cue from you. If you treat yourself well they treat you well. If you treat yourself badly they learn that they can get away with treating you badly too.



So up the standards of your self-care. Think of one thing from amongst the following that you can do for yourself each day. Do at least one thing, and preferably do more. And for today - for Valentines' Day, pick a whole bunch that you can do.

- Buy yourself flowers
- Treat yourself to a massage
- Write down a list of all the acts of kindness you have done for others
- Remind yourself of your strengths
- Visit your favourite restaurant
- Make a list of all the compliments you have received
- Make some time to play
- Eat your favourite foods
- Have 30 minutes of "me-time"
- Watch your favourite movie
- Buy a book you have always wanted to read
- Listen to your favourite music
- Pay yourself some compliments
- Perform a random act of kindness for yourself
- Spend time with someone who makes you feel good about yourself

"When the flower blooms, the bees come uninvited." ~ Rama Krishna