
Fall In Love With Yourself



You have a choice in how you want to feel.

You have a choice in how you want to feel, every single day. When you wake up in the morning, what is the first thought that enters your head? Is it negative or positive? By bringing attention to the quality and depth of your thoughts, you are able to start training them. Training your mind is similar to training your muscles at the gym. The more you do it, the easier it becomes. This training can be something that you dedicate time to (like running on a treadmill) or integrate into your current life (like taking the stairs over the elevator). Dedicating time to training your mind can be done through the practice of meditation. Integrating a practice into your life can be taking 3 deep breaths amidst a heated moment. This will help you control reactions to what is happening around you. Although

we will never be able to control other people (despite how hard we try) we will be able to control our own reactions to the things other people do or say. This is the secret to deeper connection, less suffering and loving yourself more. Yes, please!

The more you train your mind to pause, the more you will see that there is a space between your thoughts and your actions. In that space, lies the ability to choose a different thought, especially if the thought that came up causes unhappiness. Most of the time, our thoughts are not new but rather predictive, based on past personal experiences or societal conditioning that has caused us to think and act the way we do .

Personal development helps to undo this conditioning which takes effort and is a lifelong process, but life-changing and incredibly worth it.

Right now you may have a thought that is on repeat, like a feedback loop that never stops – – I'm not good enough, life is hard, why me, nothing ever changes, I'm too. so on and so on.

What is the thought that keeps you up at night?

This thought happens automatically, without you choosing. This thought may be as a result of something you experienced and you decided to make true for yourself. It's an unconscious narrative that you have adopted and isn't actually true but you believe it.

So if we want to change it, we simply have to pick a different thought. This will take work in order to create a new neural net in your mind but it will be the most powerful work you ever do because it will change your life and give you the desired outcome that you are looking for.

Change your thoughts, change your actions, change your life!

I want you to think about a pattern that you are currently stuck in:
Ex. I will never find the right partner, I will never make enough money to have the life that i want to live, I will never find my true calling and purpose in the world, I will never be skinny enough, I will never be smart enough.

Write it down.

Now take time to write out 50 things that you love about yourself (take as long as you need here). If you can't think of 50 things, ask your friends, your family, the people around you. What would other people say about you? Falling deeply in love with all parts of yourself – not just the pretty parts, but all of who you are.

Now that we got the blood flowing and the serotonin levels up – do you see how amazing you are? How many incredible things that you contribute to the world?

So why have you trained yourself to put YOU down all the time? Why have you made the things that you truly want out of reach? Why do you ever doubt living up to your full potential in every single way?

Now look back at the pattern you are currently stuck in? What if you let it go? What if you reversed it to be the opposite of what you are currently telling yourself? What if you made a point to focus on THIS every single day instead of the thing that is not serving you?

Where the mind goes, energy flows.

Take this space below to write out would that would look and feel like:

Lastly – can you sum up this feeling, this renewed sense of self in one singular word?

When you hear this word it will help you identify with this new sense of self, this woman who knows how incredible, powerful and amazing she is! Write this word down somewhere you can see it all the time. Set a reminder on your phone so that at 3pm everyday you will come face – to – face with your word.

Thank You

If you'd like further support in your mindfulness and development journey, we'd love to be there for you. Please email us or [follow this link to schedule a phone consult with Samara.](#) Thank you and remember – this work only works if work it! Sending you all the love.