

***Loving Yourself First***

***Module 1 - Part 1***

Loving yourself first is easier said than done. The reason behind that fact is that we've conditioned ourselves for many years to form a different pattern than loving yourself first.

Let me take a step back for a moment and explain. From the time that we are born until we reach that age of 5-6 years old, we learn 80% of our behaviors in life during that time. We are behavior sponges and we absorb meaningful events that from our adult eyes seem innocent enough, but show up as roadblocks within our relationships in the future. Even if we grew up with parents who knew how impactful our early years in life are to our showing up as an adult later, there is nothing that we can do about it as parents except provide the best loving environment possible and minimize emotional experiences in the future.

Let me give you a real life example. One client that I've worked with couldn't understand why they could not engaged in a long term relationship with a man. She couldn't consciously remember any real damaging events from that very early age, so she thought it was just the way life was going to be for her. To be attracted to a man, marry or have a long term relationship then within a few years, break it off or have the relationship broken off for her. When she came to me, she had accepted a life of "surface

type relationships” that are comfortable but not too deep. So she was willing to settle and that became her norm.

I told her that she deserved more in her life and we were going to be the ones that helped her. From our deep conversations we discovered that from her early age, **(Father and child image)** her Father played a very significant role in her life. That strong male figure made her feel safe, but not loved. As a young child, she innately felt this coldness and accepted these emotions as something that she had done wrong. Bottomline, she became the “pleaser” and this imprint of dealing with the one most significant person in her life became the originating event that would repeat itself throughout her life. Because she failed to understand that this pattern of pleasing, without loving herself first, would allow her to have relationships with the main man in her life only long enough until her unfulfilled-ness hit it's peak and she became unhappy within that relationship. Or, the person she was with would feel her unhappiness and their emotional triggers (yes, now you're beginning to understand, you're dealing with multiple issues from both parties within a relationship), and they would want to leave your relationship because of feeling unfulfilled themselves.

So how can we help you?

I found that in most cases, the awareness of learning to love yourself is the first step. When you realize that it's not just okay to love yourself first, but it's imperative to have the best and most loving relationship with yourself first in order for you to have fulfilling relationships with others. We like to refer to it as **(Image self care)** "self care" versus being "selfish". By consciously being aware to love yourself first in order to have that love to give to others is a huge epiphany just in itself.

After the awareness factor, the next actionable move you can make is to empower yourself with positive affirmations. It's important that you hear this next statement. **YOU DON'T NEED TO KNOW WHAT YOUR ORIGINAL EVENT WAS, WHEN YOU WERE YOUNG, TO NOW CONDITION YOURSELF TO LOVE YOU!**

I know that we sometimes let our curiosity get the better of us and we need to know the exact moment that an event impacted our lives. Rest assured, you don't need to know. It is more important that you know that something did happen and that you need to recondition that pattern.

The pattern that you developed that causes you to not love yourself first was accidental. That pattern created a faulty belief that is supported by years of following this pattern. Thoughts and

words are the most powerful way to change a belief and therefore interrupt that pattern that is not supporting who you'd like to be.

Here is an example that you may relate to in your life or the life of someone you know:

One of my clients had the hardest time keeping her appointment start times. She would show up five minutes late one time. Then she'd show up ten minutes another time. One time, **(image late for appointment)** she was a full 20 minutes late for her appointment. Because I understand that this tartiness has nothing to do with me and that it was an issue that stemmed from her not loving herself (yes it manifests itself in many ways). So we came up with the following affirmations to begin the transformation.

The first affirmation is, "I am a master of my schedule, I show up on time or sooner and love myself."

Or this affirmation, **(Image I love myself)** "I love myself enough to honor my commitments and show up on time. I am great!"

Does it change overnight these patterns that cause these poor habits like showing up late to continue? Sometimes. But for most of us, we need to say and hear it from our own mouths long enough to begin believing it. Because it's when we finally believe, this is when the good stuff starts to open up for all of us.

So the process is as follows. Take the belief that stems from your pattern like, I don't love myself or I'm not good enough or even, I

am not fit to be happy. Now you change it completely around to state a more empowering place of being like; I am totally loving myself or I am great, and I love myself in the process or I am worthy to embrace love, love embraces me and I am happy!.

Belief (slide) is the key and the best way for you to transform your belief is to hear this message every day towards what you desire.

After all, you've heard the opposite of that message for most of your life. Now it's time for a different approach. When you wake up in the morning, before you are completely awake and still in that sleepy state, read your affirmations. Sit up, read these new affirmations and say them with conviction. Do the same thing

before you go to bed. Also that time that you read these convictions is when you are just about nodding off and are at your most open to suggestions. The key to this transformation process is to be consistent. Even if you forgot to do it one night, don't feel bad and fall right back into your old habits of not loving yourself first. Just pick up where you left off and continue the process.

Strive for consistency, but don't beat yourself up if you fall off the wagon for a day or two. Remember, it took a lifetime to develop those beliefs from these patterns, be kind to yourself and believe that transformation will happen and that it will happen when you least expect it.

Also, just to make sure that we are clear, I understand that you may love yourself in most conditions. You must love yourself in all conditions and you must love yourself first. That is your goal.

Then and only then, can you truly be able to have world-class, number one relationships with your family, your friends and with your future or current love of your life. They will thank you for doing this for yourself. Remember, by loving yourself first, you are not loving others less. You're just being so full of love, that it's not an issue to spread your love out to the world because you now are a perpetual creator of love for yourself and for others. After all, isn't that the best place to be?

So if you are preparing yourself to attract your **(image of Mr. Right)** own Mr. or Mrs. Right, beware of falling into that popular and incorrect idea of "I need a perfect mate to complete me".

Rather, you want a more empowering belief that, "I am whole, they are whole, together we have so much more love to share with our families, friends and the world!"

So remember that love is the most powerful entity in the world. No negative energy, negative people or negative forces can defeat you when you have love.

**Action Steps:**

Say out loud, "I love myself, I am perfect". See what pops up from your belief systems. Listen to that little voice inside and write down verbatim what your critical inner voice said at that moment. Go ahead, write it down. This statement is the belief that you are challenging. This is the false belief that under the surface and behind the scenes is running the show and your life. Let's challenge it now.

Let's say that when you openly declared out loud, "I love myself, I am perfect", you heard, "No you're not!" or "You are far from perfect (and I can give you examples)!". Now you write your empowering opposite down on white paper with blue ink. Write something like, "I am perfect each and every way and I am getting more perfect by the moment. I love myself!"

That's it. Great job.

Now that is the beginning. Your next step is to condition yourself as we mentioned earlier, by reading this new empowering belief when you wake and before your sleep. Let the process do its job, you just do the work. The more that you hear this new

empowering belief, the more you put doubt in your own negative belief. Pretty soon, you'll crush that old belief and allow your new belief to take hold. Keep it up and continue reading this description of the new you.

Q. What happens if I slip and the negativity slips out. What do I do?

If you should slip and let an old belief slip out. No problem, as you are saying it, you'll recognize that these words coming out of you seem strange and don't belong to you anymore. Immediately say the following, "Cancel, cancel, cancel, 5,4,3, 2, 1" and immediately put the correct words into that space to fill that empty void.

Q. What if more than one negative belief comes up. What do I do now?

Address each belief and transform it into a positive, empowering belief. Do whatever it takes to support this new you and condition yourself as we instructed previously but with all of the new empowering beliefs.