

SELF-LOVE GUIDE



EBOOK BY
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What Is Self-Love?

Self-Love is an appreciation of one's own worth or virtue, the regard for one's own being and happiness.



Why is Cultivating Self-Love important?

Self-Love is a crucial aspect of one's overall wellbeing, encouraging us to tend to ourselves inside and out. The relationship we have with ourselves sets the foundation for how we deal with life. When we are kind to ourselves, we can better understand ourself and our situation. Cultivating self-love helps us to keep a positive outlook of ourselves and life in general. By keeping this positive outlook, we can be better equipped to navigate life's ups and downs. Self-Love also helps to builds self-compassion, lower stress & drives us to strive for success. By cultivating self-love we are motivated to take care of our 5 dimensions of health.

How Can We Cultivate Self-Love?

We can start by speaking kindly to ourselves, avoiding negative self-talk and self-criticism. Making sure to prioritize our own needs by taking breaks when needed, setting healthy boundaries, and engaging in activities that make us happy.

During our busy lives, decompressing and recharging is essential. When we are running on fumes we may find ourselves to be more grumpy. Decompressing and recharging releases serotonin and endorphins, which are two "feel good" natural hormones that lead to improving our mood and helping our body heal itself more efficiently!

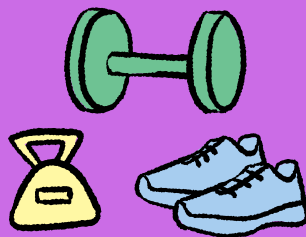
Also, accepting ourselves just as we are and forgiving ourselves when needed is crucial to cultivating self-love. By practicing self-love habits such as showing gratitude, words of affirmation, eating nourishing food, spending time in nature and exercising daily can lead to true happiness and a fulfilling life.



What Are Our 5 Dimensions Of Health?

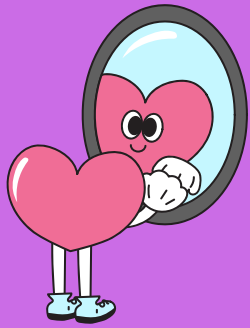
Our 5 dimensions of health are :
Physical, Mental, Emotional, Spiritual, & Social.

Let's look into the 5 dimensions of health to get a clearer understanding of *why we should take care of each one.*



Physical: Referring to the bodily aspect of health, physical health can affect the other dimensions of health. A decline in physical health can result in a decline in other forms of health. If a person gets sick, their social life is on hold, it becomes hard to focus and depending on the length of time, this can lead to depression.

Mental: Referring to the cognitive aspect of health and also the functioning of the brain. Good mental health can lead to an increase in self esteem, physical activity, confidence in social situations and spirituality as one may start to feel a purpose in their life. As we can see, Mental Health can have a profound affect on the other dimensions of health.



Emotional: Referring to the persons mood or emotional state in general. A person with no self esteem will likely not be confident in social settings, will have no desire for physical activity and may feel a lack of purpose in their life. Mental Health and Emotional Health are linked together, both clearly affecting the other dimensions of health.

Spiritual: Referring to our sense of overall purpose in life. Having a purpose in life can help you apply yourself when achieving goals & help you to maintain a positive outlook on life thus helping you to better overcome hardships. Our Spiritual Health can easily affect our Emotional & Mental Health, leading to an incline or decline in our other dimensions.

Social: Referring to our ability to make and maintain meaningful relationships with others. A bad social life can lead to isolation, depression, feeling unworthy, and much more. These feelings can take a toll on the the other dimensions of our health.

10 Steps To Achieving Self-Love

- Stop comparing yourself to others, there's only one of you!
- Learn and grow from your mistakes! We all make them because we are imperfect. Don't be so hard on yourself!
- Protect your energy! Let go of toxic people/situations, life is too short.
- Show Gratitude! By seeing beauty in the little things we can deepen our appreciation for life, thus leading to deep satisfaction and joy.
- Forgive Yourself! Let go of shame, regret, or humiliation. You can't change the past, but you can influence your future!
- Set Goals and Take Charge! Remember the timing may never be perfect or ideal. Go after your dreams!
- Prioritize your well-being! Taking care of your health can help ensure you enjoy the best quality of life.
- Live In The Moment! Realize how fortunate you are to be living, breathing & functioning.
- Celebrate Yourself! Reflect on the progress you have made and strive to practice self-love habits everyday!
- Be Patient! Self-Love is a process, take one day at a time.

Fall In Love With Yourself...

Your mind, your body, your heart, your kindness, your honesty, your strength, your bravery, your drive, your loyalty, your personality, your quirks, your creativity, your perspective, your passion, your values... things that make you, you. Once you fall in love with your beautiful self and the beautiful creation that surrounds you, then you will find true happiness in life.



Falling in love with yourself is a beautiful
journey.

Embracing both your strengths and weaknesses,
and genuinely taking a liking for yourself will no
doubt brighten your mood.

There's no better person to fall in love with than
yourself.

As you read the following poem,
stand in front of a mirror and smile.

This poem was written from you, to you.



" Falling For You "

I am present but I'm falling,
Falling everyday for you.

I see your strength & your passion,
I notice everything you do.
I cherish the kindness of your heart,
These words I share are very true.

I can feel myself falling,
Falling everyday for you.

I admire your persistence,
You strive for everything you do.
Your glistening eyes show compassion,
If only you could see with my view.

Slowly I am falling,
Falling more and more for you.

I love your smile & your perspective,
Seeing the good in others as you do.
Your worth and value I do treasure,
& everything that makes you, you.

Everyday I am falling,
more and more in love with you.



What a delight to have someone like you,
your kind support helps my dreams to pursue.

May I refresh you like morning dew,
and your love for self continue to renew.

I hope this self-love guide enhances your view,
you're a beautiful star ready to shine through.

Practice self-love habits each & everyday,
so when negative thoughts enter you push them
away.

When words of affirmation start to sound cliché,
remember your "why" for being here today.

Much love to you as you continue to push through,
I'm rooting for you in all you aspire to do.