

Love Yourself Too

February 2022 Newsletter

2/1/2022

www.mariewellnessclinic.com

Love

Self-love is about having genuine regard for your own well-being and happiness. It should not be a luxury that you grant yourself after you have fulfilled the needs of others and completed some daunting challenge that has gained universal approval.

If you wait until you think you are truly deserving before you are kind and caring to yourself, it can impact negatively on your self-esteem. Your inner critic is telling you that you are not yet

Could you give yourself that gift too?

If your life is tough at the moment, are you blaming yourself for the circumstances that you are experiencing? Is that really helpful? Imagine if your best friend was in your shoes what help and care would you offer?

Try to show yourself the kindness and empathy that you give to your best friend and accept yourself the way you



worthy of love. Waiting until you deem yourself to be perfect is harsh and unreasonable. Would you treat your best friend this way? You know all their strengths and flaws too but you love them unconditionally.

are. You are unique and beautiful and that is what makes you special and different from everyone else.

Have a go at being a true friend to You for this month.

Marie Wellness Clinic

As you can see the theme this month is all about learning to love yourself.

Loving yourself is an essential ingredient in building a meaningful joyful life.

Don't let negative self-depreciating thoughts dominate your mind and cause you to undermine and deny yourself the opportunities you desire.

Taking time to be kind and caring to yourself by treating yourself the way you would like to be treated can change your life.

Call me for a free initial consultation and introductory session if you would like to discover just how amazing you really are!!

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