



# Learn To Love Yourself

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If you don't love yourself how can you expect other people to love you?

Until you love yourself you will never truly be happy. You will always question why people like you and you will keep seeking other people's approval. Why care about what others think. It is what you think about yourself that counts and what makes you happy.

The first step to happiness is learning to love yourself. I don't mean being big headed but be happy with who you are.

### **The task**

1. For 5 minutes write down as many things as you can think of that you don't like about yourself. For most people this is the easy part.

2. Once you have done this for the next 5 minutes write down as many things as you can think of that you like about yourself. This might come hard at first but once you get going you will start to find it easier and I bet you end up with more things you like than don't.

(The lists of things you don't like about yourself and do like about yourself can include everything from your looks and your personality to how you treat people and the job you do to anything you like or don't like about your life in general. Basically it can be absolutely anything about your life)

3. Take the first list about things you don't like and write 2-3 solutions to each thing you don't like so you can begin to take action so you can like these things. Then make a conscious effort to change these things.

4. Every night for the next 30 days just before you go to sleep, take 5 minutes to write down as many things as you can think of that you like about yourself. It is important to not look at your original list or any of the previous night's lists. If the same things keep coming up that's ok. Just write down what you like about yourself at that moment in time.

5. At the end of the 30 days make a master list of everything you have wrote down you like about yourself. You don't need to repeat yourself by writing down the same thing more than once on this list if it has come up regularly, but make sure you write down everything that you have wrote down over the 30 days that you like about yourself.

6. Read the master list of things you like about yourself every night before you go to sleep and every morning as soon as you wake up to remind yourself of how great you are.

If you do this little task you will start to improve your self-esteem and confidence very quickly and you will definitely start to become a happier person. It is a simple but highly effective task which can literally improve your self-esteem and confidence overnight.