

5 Steps to Self Love

A Free Guide to Connect
with Your Truth and Self Love



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A Free Guide *5 Steps to Self Love*

Self Love is everything.

It is what we truly are.

All is Love.

When we reconnect with our Truth, we experience more Happiness and Live in Love.

We live a happier life and create a better world.

Here are *5 steps to Self Love*.

May this guide help you move into Love, live from your heart and be happier.

Wishing you peace, blessings and Love.

Anita Olivacce

1. Responsibility

On the path of self love, if you want to live a happy, empowered life you have to take responsibility for your life.

What does it mean to take responsibility?

Everything that happens in your life is up to you. Where you are now is because of the decisions and actions you took that led you here to this point. You made the decisions and took the action. If you blame others, you give your power away – the power to change your life. When you accept responsibility, you take back your power and can change your life, create your life the way you want to live.

Stay in your power.

Take responsibility.

- Be present

Bring your awareness into the present moment.

This will help you come out of the mind and into Truth. Into Life.

When you come into the present moment you can make better decisions, take purposeful action and change your life.

Here is a simple practise to be present.

-Bring your awareness to your breath.

-Watch your breath as it goes in and out the nostrils.

-Allow the breath to be as it is.

-Just watch the breath going in and out.

This practise will calm the mind, bring you into this present moment and cultivate Awareness, Presence. It will give you clarity so you can make clear decisions and feel centered within.

- Gratitude

Count your blessings.

Practise gratitude and watch your life transform.

Gratitude changes everything.

It shifts our perspective to see all that we have right now.

Gratitude can transform your life.

Seeing the good and appreciating all that you have brings more good into your life.

Being in the vibration of gratitude attracts more things to be grateful for.

Gratitude is a high vibration and aligns you with Joy and Happiness.

It can shift you from negative to positive and create wonderful things in your life.

Practise gratitude.

A **daily gratitude practise** is where you **write down 3 things you are grateful for**.

You can do this in the morning, at night or during the day.

At the top of the page, you write, “**I am grateful for**” and then list what you are grateful for.

This will change how you feel. Feeling gratitude makes you feel happier.

Feel the feelings of gratitude.

You can also look for things to be grateful for during the day.

This practise will shift your mindset and perspective to Truth, Love, Joy, Abundance and What Is Already Here.

Gratitude leads to Joy and Happiness.

2. Connect with your Truth

Connect with the Truth of who you are. Your True Self. Your Limitless Self. Who you are beyond the mind, body and emotions. You are Pure Awareness. You are so much more than just the body. Enquire. Embark on the journey of self discovery and discover your Truth. This frees you from the mind, past conditioning, self doubt and limitation so you can live your full potential and purpose.

-A practice that can help with this is to ask, "Who am I?"

Allow the answer to come to you. Not through the mind but allow it to arise.

-Another practise is to stay in your Spiritual Heart.

Bring your awareness to your Spiritual Heart.

Your Spiritual Heart is in the centre of your chest but at a deeper level.

It is a doorway to Peace, Love, Joy, Truth, your Higher Self, Pure Self Love.

The more you stay in your Spiritual Heart as you go through your day, the more Happiness you experience.

3. Remove blocks in the way of Love

Blocks may be limiting beliefs.

Limiting beliefs that we picked up in childhood.

Limiting beliefs are beliefs that limit your potential and success.

A belief is just a thought thought over and over again.

Beliefs that say "I'm not good enough", "I'm unworthy", "I'm unloveable".

A lot of these beliefs were created in childhood when we were trying to make sense of the world and who we were.

We formed conclusions about ourselves and the world based on our environment, what we saw, what we experienced, what others said to us.

We picked up beliefs from parents, our caregivers, society, the media.

Some beliefs were positive, some were negative.

The beliefs continue to stay in our subconscious mind creating situations that affirm the beliefs.

Positive beliefs create positive situations.

Negative beliefs create negative situations.

By removing the negative beliefs, we create better situations in our lives.

A simple practise that can help you remove a limiting belief:

When a negative belief comes up, simply replace it with a positive belief.

Keep repeating this practise.

It will replace negative beliefs with positive beliefs and change your life.

4. Love yourself

You may hear this often to “love yourself”.

But how do you love yourself?

See the Truth of who you are.

That you are Love.

Be patient and kind with yourself.

Be gentle.

Speak loving and kind words to yourself.

Treat yourself as you would a baby, young child or a best friend.

Be kind and loving towards yourself.

Cultivate self compassion.

People make mistakes. That is how we learn and grow. If you feel like you have made mistakes, see the truth and forgive yourself. You did the best you could with what you had at the time. If you had known something different, you may have done something different. But it happened. It cannot be changed. But you can learn from it and use the lessons moving forward. Free yourself to live in this moment and enjoy life. You are perfect. You are a miracle. You are the Universe. See your Truth.

The Truth is Self Love.

That nothing real has changed.

You are Self Love. That is unchanging.

When we connect with the Truth, this moment, the story dissolves and we free ourselves to live in joy.

Gratitude will help shift your perspective.

Develop self appreciation for yourself and how far you have come. Look back to where you were 10 years ago and where you are now. See how far you have come and appreciate yourself.

See yourself through your Higher Self's eyes. You are beautiful and unique.

Value yourself.

Honour yourself and your boundaries.

Put yourself first.

Self Love is not selfish. It is a necessity.

How can you truly love anyone else if you do not love yourself? You cannot give what you do not have. What you have, you can share.

When you fill yourself with Self Love, you take care of your wellbeing and you can give to others from your overflow. Fill your cup first and give from the overflow.

Connect with your Spiritual Heart.

Stay in your Spiritual Heart.

Love all of yourself.

Follow your heart.

5. Live in self love

Live from Love.

Stay centered in your Spiritual Heart.

Love yourself.

Love Life.

Create a life you love.

Make decisions and take action from self love.

When making a decision ask yourself, “What would someone who loves themselves do?” then take the action. When you ask this question, you will know intuitively what to do. Go with it. Trust your intuition. Follow your intuition. If something feels good, go with it. If it doesn't, don't.

Trust yourself.

Decide what you want.

Get clear on what you want, who you want to be and how you want to live your life and create that.

Be guided from within. Be guided by your intuition, your Higher Self. Your Higher Self is your wise, Divine Self. It is All-Knowing. All loving. It has your best interests at heart.

Trust your Higher Self.

Stay in Love.

Stay heart-centered.

Live your purpose. Live your True Heart's desires.

Fulfill your own needs.

Have healthy boundaries.

Take care of your wellbeing.

Live a happy, fulfilling life.

Love yourself.

Live your Truth.

The path of Self Love is continuous. It is always unfolding in every moment based on decisions you make and action you take right now.

Decisions made from Love create a life of Love.

When you connect with your Truth, love yourself and trust your intuition, you live in self love. It is a conscious, moment to moment choice. But it is possible.

When we love ourselves, we become happier and live happier lives. We share our happiness with others and create a better world.

Self Love is ultimately the path back to yourself, your Truth.

All is Love.

Self Love is Oneness.

By following our intuition and our Heart, we live from Love and create a life we love.

Thank you for going on this journey. I wish you Love and blessings on your path.

May you know who you truly are.

May you live in Love.

May you be happy.

I hope this guide has helped you on your path of Self Love.

If you would like to go deeper, I offer one to one coaching to support you to love yourself and live a life you love, go to www.guidedbyessence.com

Sending Love and blessings,

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