



SELF LOVE

BY NADINE DIXON

"LOVE YOURSELF FIRST, AND EVERYTHING ELSE FALLS INTO PLACE."

– LUCILLE BALL

By picking up this book, you're already taking a significant step toward self-care. Your decision to explore your inner self and confront past wounds, limiting beliefs, and harmful behaviors is a powerful act of self-love. As you work through these teachings and exercises, you're investing time and energy into your own well-being, clearing away what no longer serves you, and making space for a more graceful and fulfilling life.

Understanding why self-love, compassion, and care are vital to all relationships will transform your life. This journey is ongoing, but by prioritising yourself, you're paving the way for a brighter, more empowered future. Congratulations on taking this courageous step – stick with it, and you'll discover a deeper, more fulfilling state of being. The next chapters will guide you further on this path.

"YOU ARE THE ONE YOU'VE BEEN WAITING FOR." – FIA

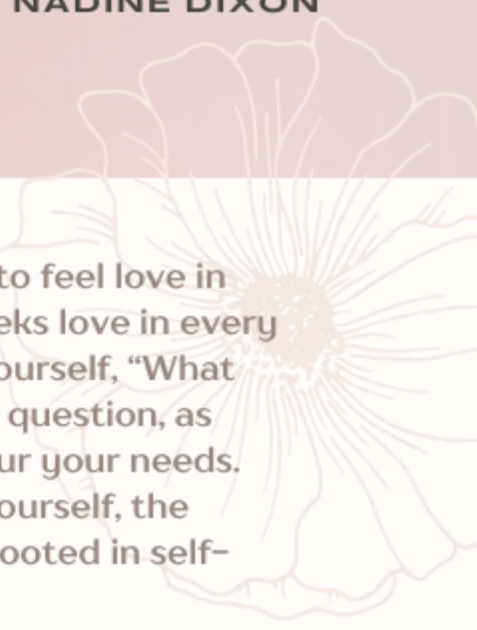
Self-love is often talked about, but what does it actually mean? Many of us struggle to understand what loving ourselves truly looks and feels like. Recognising how external influences have shaped our self-esteem and addressing the impact of past trauma are key to healing. By taking responsibility for your own healing, you're showing yourself immense compassion. Celebrate this accomplishment – it's a big deal.

In her YouTube video on 'Psychic Development,' Kaia Ra highlights the immense power of the heart and its capacity for unconditional love. Often, we guard our hearts so closely that the idea of fully opening them can be terrifying. In a world that discourages vulnerability, embracing love and empathy—both for ourselves and others—can feel overwhelming. But opening your heart is essential for true love to flow in.



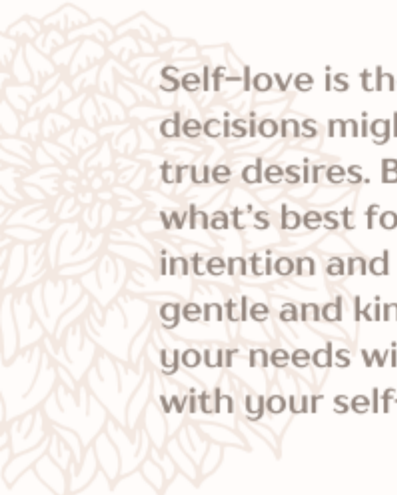
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Kaia Ra says, "If you listen to your heart, it will ask you to feel love in ways that turn your world upside down." Your heart seeks love in every situation, and it's time to stop ignoring its needs. Ask yourself, "What would someone who loves themselves do?" This simple question, as Teal Swan suggests, helps you make choices that honour your needs. Whether it's going out with friends or taking time for yourself, the decision that aligns with your highest good is the one rooted in self-love.

What can you do right now to show yourself love? It's time to stop saying 'Yes' to things that don't honour your heart and start saying 'Yes' to yourself instead. Teal Swan recommends living by this question for a whole year, allowing it to guide you towards a life that feels easier, more loving, and aligned with your true desires. As you tune into your heart and follow its guidance, you'll find yourself taking courageous actions that lead to greater well-being.



Self-love is the foundation for a fulfilled life. Many of your current decisions might be driven by external expectations rather than your true desires. But it's time to change that. Make choices that reflect what's best for you—not out of spite, but from a place of pure intention and love. The guidance you receive from your heart will be gentle and kind, even if it challenges the status quo. Communicate your needs with compassion, and then confidently pursue what aligns with your self-love journey.

Listening to your heart will open up new possibilities and lead you to a more expansive, enlightened state of being. Are you ready to embrace this practice? You won't regret it.





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FOLLOW YOUR JOY

Once you start listening to your heart, it will guide you toward the things that bring you joy. These can be small moments, like walking outdoors after a fresh rainfall, or bigger decisions, like pursuing a long-desired goal. Your heart knows what makes you happy; all you need to do is listen and let go of overthinking.

Think about what truly makes you smile and how you can incorporate more of that into your life. We'll explore self-care in depth later, but for now, start by noticing what brings you deep pleasure. Following these feelings will help you feel more connected and inspired, and your life will naturally begin to move towards greater happiness.

SETTING HEALTHY BOUNDARIES

"LOVE YOURSELF ENOUGH TO SET BOUNDARIES. YOUR TIME AND ENERGY ARE PRECIOUS. YOU GET TO CHOOSE HOW YOU USE THEM. YOU TEACH PEOPLE HOW TO TREAT YOU BY DECIDING WHAT YOU WILL AND WON'T ACCEPT." - ANNA TAYLOR


Setting boundaries is a vital act of self-love. When you prioritize your own needs, you build trust with yourself and create a more peaceful life. You may have grown up believing that certain things are just expected of you to keep others happy, but it's time to reassess. Think about what makes you feel happy, healthy, safe, and loved—and set boundaries where necessary.

A boundary is simply a clear line that marks what you are and aren't willing to tolerate. It's important to communicate your boundaries with kindness, so others understand what you need. For example, you might say, "When you speak to me this way, it makes me feel [...]. I won't accept this anymore." Make sure the other person understands the consequences if the behavior continues.



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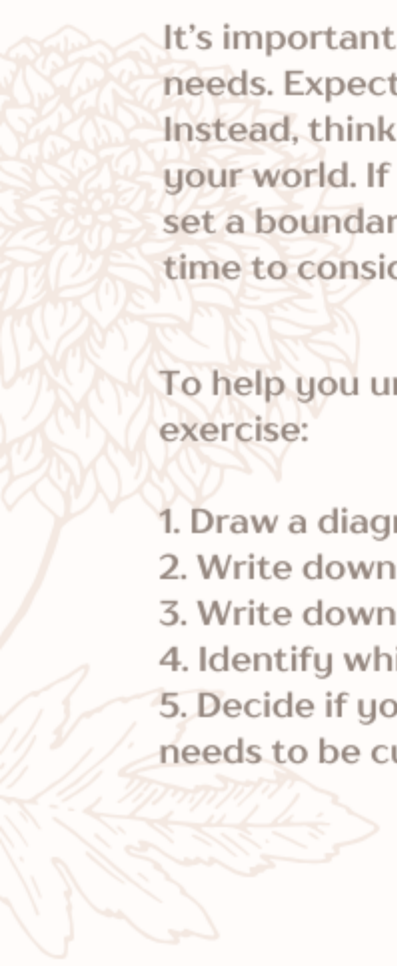
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Effective communication is key. Let others know you're working on self-care and ask for their support. Explain that you'll be setting new boundaries and will communicate openly when something makes you uncomfortable. If someone doesn't respect your boundaries, you may need to distance yourself from them. This process isn't always easy, but it's essential for your well-being.

Reflective listening can be helpful—ask the other person to repeat back what they've heard you say. This ensures everyone is on the same page and understands what needs to change. Remember, their reaction is their responsibility; your responsibility is to communicate your needs clearly and kindly.

GETTING YOUR NEEDS MET



It's important to remember that no one person can meet all your needs. Expecting this from anyone will lead to disappointment. Instead, think about the people in your life and what they bring to your world. If someone adds value but occasionally causes discomfort, set a boundary. If someone constantly drains your energy, it might be time to consider letting them go.

To help you understand what others bring to your life, try this exercise:

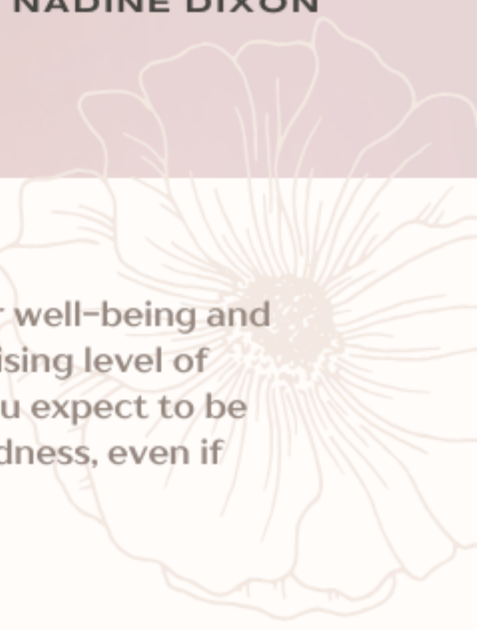
1. Draw a diagram of the people in your life.
2. Write down their positive traits.
3. Write down their negative traits.
4. Identify which needs you can have met by keeping them in your life.
5. Decide if you need to set boundaries with anyone or if someone needs to be cut out of your life.





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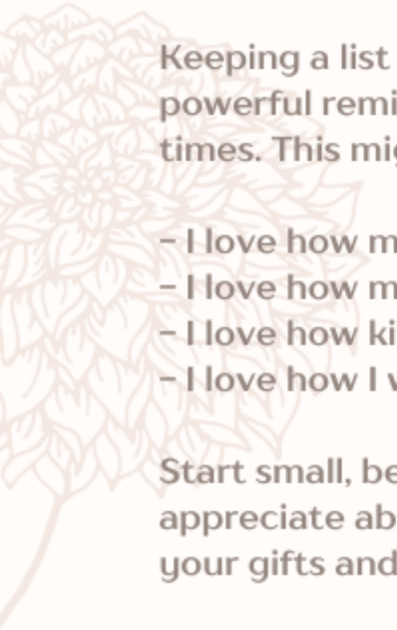


This exercise will help you recognize who supports your well-being and who might be holding you back. Communicating your rising level of self-love and respect sends a clear signal about how you expect to be treated. Always approach these conversations with kindness, even if the situation has been difficult.

SELF-LOVING PRACTICES

Here are some practices to help you cultivate self-love. This book is meant to guide you—some practices are essential for healing, while others are optional but beneficial. Don't skip these self-loving activities; they are key to transforming your life.

SELF-LOVE LIST



Keeping a list of things you love about yourself can serve as a powerful reminder of your unique qualities, especially during tough times. This might feel uncomfortable at first, but start small:

- I love how my hair looks in a messy bun.
- I love how much I care for my cat.
- I love how kind I was to the man at the supermarket.
- I love how I wrote in my journal today; I have a great way with words.

Start small, be sincere, and soon you'll have a long list of qualities you appreciate about yourself. This list might even reveal new insights into your gifts and guide you towards your purpose.





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AFFIRMATIONS

Affirmations are positive statements you repeat to reprogram your subconscious mind. For example, "I love myself just as I am today" or "I am choosing to be kind to myself today." While affirmations alone won't fix deep-rooted beliefs or traumas, they can help you stay focused on your goals and remind you of the positive changes you're working towards.

Here's how to create and use affirmations effectively:

1. Choose one or two affirmations that feel empowering and stick with them.
2. Phrase your affirmation in the present tense, like "I am learning to love myself more every day and it feels good!"
3. Repeat your affirmation often to reinforce it in your subconscious mind.
4. Be patient—changing deeply ingrained beliefs takes time.

MIRROR WORK

Mirror work is a powerful way to connect with yourself. We often spend time supporting others without taking the time to show ourselves the same care. Mirror work allows you to be fully present with yourself and offers a moment to show yourself love.

Here's a simple practice inspired by Lisa Nichols:

1. Stand in front of a mirror and really see yourself.
2. Look at yourself with love, without judgment.
3. Take deep, calming breaths.
4. Smile at yourself.
5. Begin speaking to yourself with honesty, using your name at the start of each statement.



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Start with:

- [Name], I'm proud of you for..." (7 times)
- [Name], I forgive you for..." (7 times)
- [Name], today I commit to..." (7 times)

Reflect on this practice in your journal. How does it make you feel? Is it challenging? What is it revealing to you? With time, you'll start viewing yourself with kindness and understanding, as a friend courageously healing their heart.

CONTINUE WITH...

Keep up the introspective work you've started. Each chapter builds on the last, adding more tools to your self-love toolkit. Remember the phrase "Use it or lose it." Life will have its ups and downs but stay connected to what you've learned. You're doing amazing work! Keep revisiting the practices that resonate with you as life unfolds. Remember who you are. You are unique. You are loved. You are a gift to this world.

