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Guide to Self-Love

Increase Your Self-Esteem
and Become 'wildly' Successful

Guide to Self-Love

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Introduction



Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us.

— MARIANNE WILLIAMSON



A recent global report published by 'The Body Shop' has identified a crisis in women's self-love. One in two women doubt themselves and 60% wish they had more respect for themselves.

A KPMG Studie about female leadership says that 67% of women say they could use more support to boost their confidence.

This e-book offers you support and practical tips to develop more self-love. The result is more self-confidence, more self-esteem and more self-respect.

As you develop more self-love you will notice that you come closer to yourself, become less receptive to what others think or you and become more compassionate for yourself.

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Self-love is not found outside of yourself, it is contained in your core. The way to self-love begins with the way inward. To discover who you are. To choose for yourself. Make time to do what matters to you.

And that is the biggest challenge for many woman right now.

Do you also live with the fear of being judged, rejected or not liked?

You are not alone.

Chances are that you too are driven by the fear(s) you have. By that I mean, if you constantly walk around with the fear of being judged, you may be compensating for this by being a perfectionist. If you're afraid of not being liked, you may have a hard time saying no, and as a result take too much on your plate.

Where our ancestors mainly were afraid of external circumstances such as being eaten by large and dangerous animals, we are more afraid of our internal challenges.

Fear can become a motivator or it can become an obstacle between you and your next step. And it hinders you from finding more self-esteem and self-love..

Self-love is all about embracing yourself completely, 'the good and the bad'.

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1. Connect with who you truly are

You are more than the labels others give you or the labels you identify with. You are a combination of all the things that are inside of you, I call them the pure and powerful qualities. Your talents, your strengths, your passions, the things you love and care about. It is everything together that makes up for who you are.

So it's important to do some self-reflection and discover who you are under all the masks you put on and get back to who you truly are..

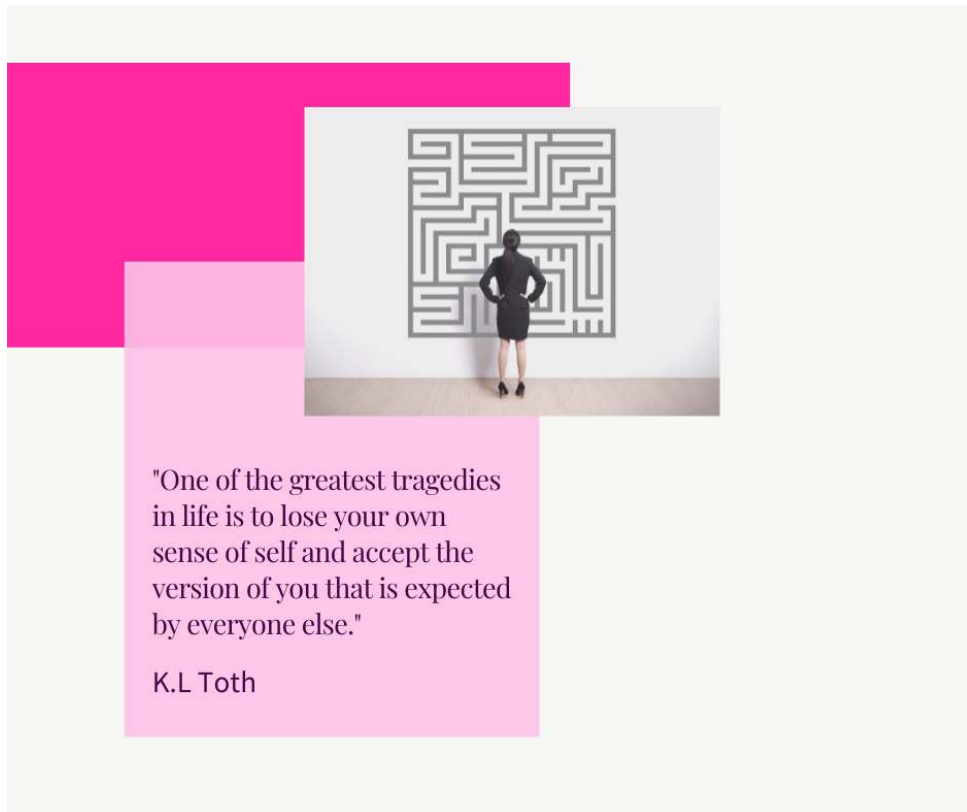
Time for some self-reflection. Now think about the following questions:

- Who am I?
- Is this the person I want to be?
- What is important to me?
- Is who I am aligned to my values and my vision?
- Do I even know what vision and which goals I want to achieve?
- What do I truly want?

And don't worry if the answers give you even more reason to think. Because it's not who you are today but who you want to become that matters.

You now have the opportunity to take control of your own life and the person you want to be. With the information that is provided by answering the questions you can now start sculpting your identity, so that you can live your best life.

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"One of the greatest tragedies in life is to lose your own sense of self and accept the version of you that is expected by everyone else."

K.L Toth

The stress you are experiencing may have to do with the fact that you've been playing a role that isn't yours for far too long. That you've been living up to the expectations of others for way too long.

You may feel that you are trapped in a straitjacket that you did not create or choose yourself.

Now STOP it! Don't go putting yourself down now. If you are having an aha-moment right now, don't feel guilty or ashamed. You are not alone.

Use this aha-moment to free yourself. To give yourself permission to explore and discover the diamond you truly are.

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2. Embrace who you are



The next step in the process is to embrace yourself and then make yourself visible and position yourself in the world.

That in itself can trigger a few fears again, mainly the fear of not being liked or the fear of being rejected.

You can't win everyone over. Some people will not understand or appreciate you for who you are. Some people will not like you or judge you by what they see. And that is okay.

The key to self-acceptance is to accept that it's totally okay for people to have a different opinion or perspective. That doesn't mean you should hide.

The moment you drop the masks you put on to please and impress others, you free yourself from the pain you feel because you can't be who you are.

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By showing yourself more and more and being authentic in life, you will attract people who want to be with you for who you really are. Isn't that something to look forward to? Your relationships will enrich into real and meaningful connections that support you even more in your search for yourself.

Authenticity and integrity are also important elements in your personal leadership. The trust that others (colleagues, customers, partners, friends, ...) will have in you grows to the extent that you show yourself more authentically. You demonstrate that you make decisions that are aligned with your values. And at the same time you give others permission to show themselves more of who they are.

Here are some tips to develop more authenticity:

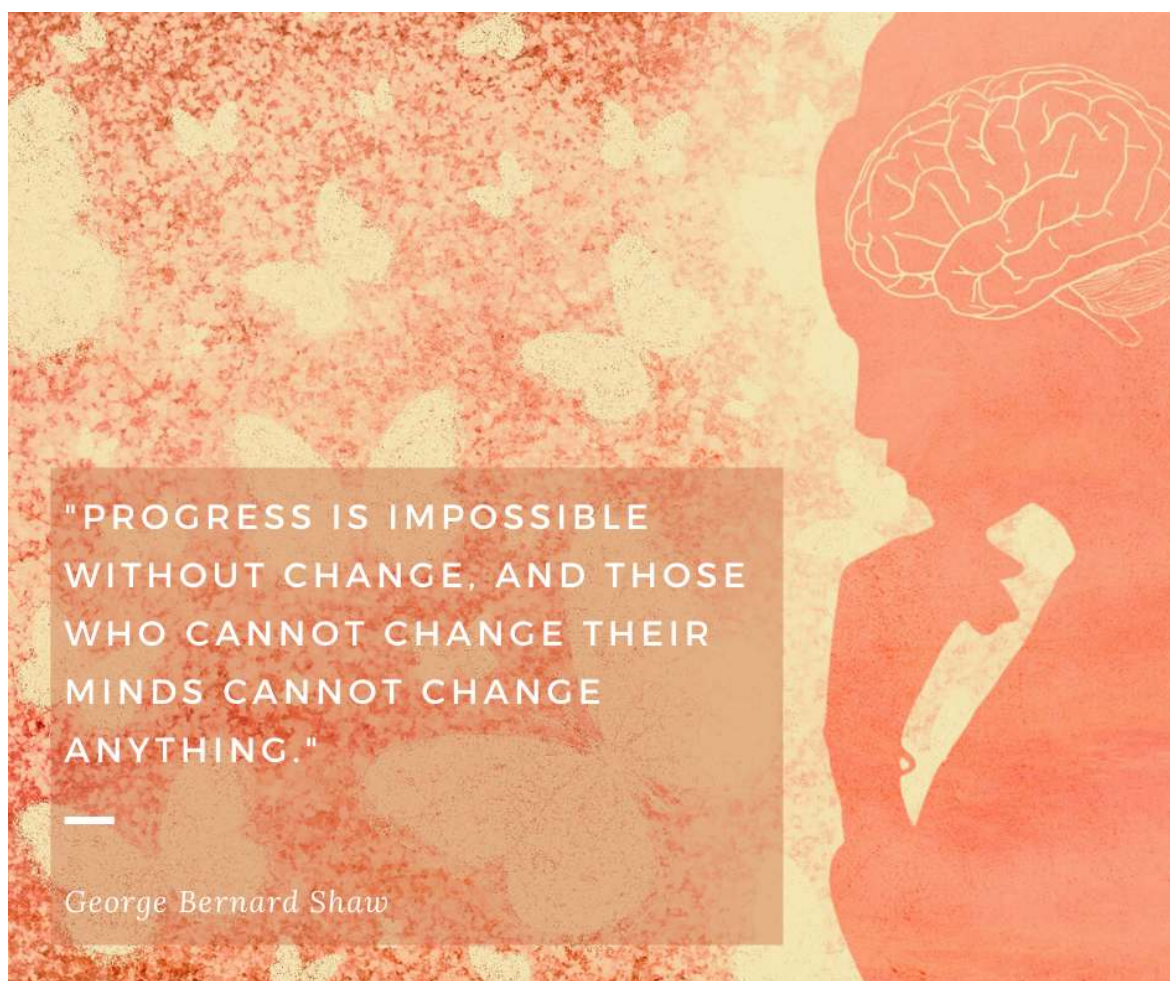
1. Observe yourself, like a fly on the wall, and discover what drives you, what triggers you and in which situations you are authentic and where you aren't.
2. Examine your beliefs. Take a moment to consider the things you believe and examine whether these beliefs are yours or someone else's. Where did that belief begin and is it still valid for you.
3. Accept who you are. Try to criticize yourself less or see yourself as inferior to others. Focus on your positive qualities and embrace your weaknesses.
4. Invest in self-development. The more you grow as a person, the more you will come to know and appreciate yourself.
5. Surround yourself with people who support you in your search for yourself. People who want to see you succeed in life and who support your success.

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3. Control your thoughts

Your thoughts feed your emotions and your emotions trigger your behavior. The problem most of us have is that this automatic pattern happens subconsciously that you feel like your behavior can't change or it can only change when someone else does something different.

For example, you are in a meeting and you are silenced again because someone is talking over you. This can result in you being seated at the table silently and with a frown (= behavior). You can think to yourself: 'You see, no one even wants to listen to what I have to say. I am not good enough'. Therefore feeling sad or angry. And the only thing you want is to be seen and heard.



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The thing is you probably are looking for change in someone else to make you feel better. You want the other person to do or say something so that you don't exhibit the behavior you don't want. Recently, a client told me that she became really angry with her daughter for not tidying up her room. The daughter looked at her and said: 'Mom, don't yell at me to make me love you more.'

What a great mirror children are to us for what really takes place inside of us.

You can walk through life blaming everyone for why you feel so unhappy or why you aren't achieving the success you are looking for. Or you can pause and reflect on your own responsibility.

We've already determined that getting to know yourself better is a great way to start loving yourself more. That's why it is important to get to know your thought process better. The more you learn about this, the more choice you create.



When something happens, that particular external situation causes you to give it meaning. This meaning causes you to form a specific thought. This in turn triggers a feeling which in turn results in a behavior.

This process happens in a second. So if you wish for a different result than what you are currently experiencing in your life, it is worth taking a closer look at this process and examine each result, the thought behind it, the emotion that is triggered and the meaning you give it.

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4. Conclusion

The journey to discover who you really are is one of the most valuable experiences you can ever have. If you succeed in taking personal leadership, becoming the master of your own life, getting back control over your thoughts and your actions, your self-esteem will increase. #forsure

The result is a greater connection to who you truly are, a greater realization of self-love and an enrichment in every area of your life.

Self-love is your natural state of being..

The more we can feel whole and worthy as individuals, the more we have to give to the world. Embrace yourself and show yourself as you truly are.





About Yasmina Fadli

My mission is to positively impact lives and facilitate the creation of brilliant futures by providing relatable guidance.

As a highly-regarded empowerment coach and transformational trainer working with business owners, female entrepreneurs and world-class professionals, I empower people to step into their greatness and position themselves with authenticity and integrity! Although I strongly focus on women and teenagers, all individuals who want to improve their lives, careers or business are welcome!

I strongly believe the world needs women to step in their greatness, embrace their value and position themselves more powerfully in the world. I am convinced that there is an incredible potential hidden deep within all of us, regardless of your life circumstances or background. At the same time, I believe that anyone can create and build a successful life, career or business based on passion, purpose and fun.

People all over the world, understanding that their impact in the world can be greater, hire me so they can find their inner voice, improve their self-esteem and manifest the life they desire and deserve.

As a master of thinking outside the box, I'll show you how to stretch your box to capture more: more impact, more satisfaction, more fun, more possibilities, more opportunities, more greatness, more value, more life, more freedom, more you...

Let's do this! I've got your back, your front and your sides along your journey!