

What If You Simply Devoted This Year to Loving Yourself More?

Self-love forms the foundation of your single and most important relationship-that with yourself. self-love is not simply a state of feeling good .it is a state of appreciation for oneself that grows from actions that support our physical, psychological and spiritual growth. As we live our lives and spread love to others, we forget that we ourselves are also just as important as others. A TED Talk speaker, says it best: “we either own our story, or we stand behind it hustling for our worthiness.” If you can’t embrace your story, you end up leading a toxic life of unfulfillment. Self-love doesn’t mean feeling superior to others, nor being egoistic. Self-love is just about accepting oneself and honouring our story, what we like, need, want, believe, crave, how we love, how we think etc. In this beautiful journey of life, why do we lose ourselves in order to get someone else’s approval? Do you remember when was the last time you appreciated yourself?

We are just a part of the race where one person is trying to be better than others and often, we forget that we are a completely different person and our competition is not really with others, it is with ourselves. To be honest, we are all bought up in this way; to be better than everyone else. No one said be yourself and try to improve more than the previous day. Everyone just said “look at him/her”, “they are better than you”, “reach them” and we blindly follow this and stop our creativity. We run behind this false conception of perfect that we end up losing ourselves and just end up being a shell of the person we used to be. Unless we accept ourselves for who we are, how can we expect anyone else to? For how long can we go on wishing to be someone else, anyone else?

The more you concentrate on others, the more you get confused

The more you focus on yourself, the more you will improve.

Why is the standard you’ve set for yourself much higher than the ones you’ve set for others? Why are you so harsh on yourself? Stop looking at yourself through a telescope and finding faults in yourself. Be proud of who you are. Display your scars proudly. Be unashamed of the situations that made you the person you are today. Wear your heart on your sleeve. Be the most genuine version of yourself because that truly is your best version. All your imperfections make you perfect.

I urge you to look in the mirror and smile at yourself. Love yourself. Because the only person who has your back in the darkest times, and the only person who truly understands you is

yourself. Love yourself because unless you do, there is no way you can ever love someone else. Feel beautiful. Because you are. And nobody can deny you of this.

There's a popular song whose words have touched my soul. It goes like, "There's a hope that's waiting for you in the dark. You should know you're beautiful just the way you are. You don't have to change a thing the world can change its heart. No scars to your beautiful. We're stars and we're beautiful."

In your moments of doubt, think of these lines. I hope they give you strength. And I hope that after reading this, you will learn to love yourself at least a little bit more.

By

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