



Radical Self Love: The Ultimate Relationship Power Tool

Our ability to identify our areas of strength, our talents and our natural abilities is a self-love muscle that will take time to build. Most of us were not trained as children to give ourselves praise; in fact, most people's upbringing was built on a fear-based model. The most effective way to dissolve these patterns is by increasing our capacity for love and starting with self-love.

We must first be able and willing to look at ourselves and seek the positive. To do so, ponder these questions daily:

- What went well today?
- In what ways did I allow my gifts, talents, and abilities to shine?
- What is the one quality I can always be relied on for?
- In what ways did I extend kindness and compassion and love toward myself today?
- In what ways did I extend kindness, compassion, and love toward others today?
- What are my wins from the day?
- If I could be acknowledged for one thing today, what would it be?
- From where I am at in my life right now, I can see my strengths are:

The top five things I am most grateful for in my life right now are:

Making positive self-reflection a staple in your daily routine begins to condition the conscious and subconscious minds to work in your favor.

Give yourself permission to develop a relationship with you that is based on praise, respect, forgiveness, positivity, and love. For when we are able to show up for ourselves in this way, the relationships around us begin to shift and transform and thrive.