



2026

Love From *the* Inside Out

February is often a season destined for love. We get caught up in relationships and professing love to others, we often forget the most important person to give love to...ourselves.

Love Yourself Before Your Life Begins



I feel like there has always been this pressure: Find friends. Find a partner. Find a romantic/platonic relationship to place all of your love into. It feels as though my generation is consumed by finding people to profess love to, rather than professing love to ourselves. It doesn't help that services such as Tinder and Bumble truly push the importance of having romantic love in one's life.

However shouldn't this so-called "self-love" come before romantic/platonic love come?

I see many of my peers push aside the care and love the show for themselves in order to be loved and find love in the world around them. And I often find this counterproductive in being able to live the life **YOU** want.

Practicing self-love can be as simple as taking yourself to your favorite coffee shop for a warm, comforting cup of your favorite drink. It can also be more challenging, like speaking to yourself in kinder, more caring words (which, less face it, we as humans are not the best at doing). Treat yourself like you would your best friend, your partner, a loved one. Your relationship with yourself is the longest one you will have in your life. You might as well learn to love exactly who you are.

*With love,
Ally*