

# sexy self-love

As part of your transformation to a healthier, happier version of you, a huge part of the process is learning to love and accept yourself unconditionally! Part of learning to love and accept yourself unconditionally is by showing yourself kindness and the act of self-love. Often in life you have things that drain you of your energy and empty your tank, so it is so vital that you do things that give you energy and fill up your tank from the inside out!

In today's society and especially as women we are compelled to want to do so much and achieve so much, thinking we have to do it all and if we fall short we tend to beat ourselves up! We are mother, daughter, employee, sister, cook, cleaner, shoulder to cry on, best friend, sports woman and so much more! It really is a never ending list that can leave us feeling completely inadequate if we fall short and do not tick all the boxes. We tend to have thoughts running through our head that we are not good enough, pretty enough, happy enough, healthy enough, slim enough, smart enough and so much more...These thoughts and emotions on a physical level create stress in your body with excess cortisol (stress coping hormone) being released simply because it perceives it is under attack...from your thoughts!

I used to live through this little voice. I never could appreciate myself, my achievements or any success I had. I always saw the imperfection within myself and was always unhappy, wanting more, never stopping to celebrate my wins and seeing the good. This self-sabotaging little voice in my head caused me to have a lot of self-hatred and self-loathing. In my eyes I was always not good enough and fell short. This constant state of dis-ease and emotional stress eventually caught up to me, playing a huge part in my chronic fatigue syndrome and adrenal burnout at the age of just 26. Not loving myself and showing myself kindness was severely debilitating. It made me depressed and crippled my ability to live the life I knew I wanted and was capable of!

**HOWEVER IN EVERY CHALLENGE THERE IS A LESSON TO BE LEARNT AND AFTER ALL DARKNESS COMES LIGHT.**

My light came from finding true happiness when I learnt to completely love and accept myself unconditionally, imperfections and all.

Learning how to love yourself can be a key ingredient in finding happiness and being kind to yourself is at the very core of wellbeing and joy. Loving yourself and being kind to yourself does not mean you are conceited or arrogant, it means you have a healthy relationship with yourself with an inner knowing that you are a worthy human being and that just being you – the good, the bad and the ugly.....is enough!



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## **SO BEAUTIFUL.....BE KIND TO YOURSELF!**

Celebrate all your silly little imperfections that actually make you so wonderfully great. I am not perfect, you are not perfect, the world is not perfect and that is OK! So that means when you wake up face down in that packet of cookies, instead of beating yourself up for hours about how imperfect you are and giving yourself some serious negative talk, just get up, dust the crumbs off and ask yourself – what is one positive action step I can take now to get back on track?

If you don't fully love and accept yourself, how can you fully give love to others? It is so freeing to embrace your imperfections and accept you – for you! Forgive yourself, be kinder to yourself celebrate your wins no matter how small and embrace all the good things that are you....your curves, your laugh, your compassion, your authenticity, your smile and I can guarantee a sense of happiness from the inside out will flow into your life so you can start to be the best version of yourself!