

# Day 1: self love is the best love

"Loving you before you attempt to love someone else is the best gift you can give yourself." - Kaywanda Lamb

When I look back on all the relationships I've had, where the energy seemed to flip flop and the guy had all the power, I can clearly see it didn't work because I didn't love me.

Now, I don't mean I didn't love me at all. I mean I cared more about this guy's love than I did about him seeing that I, too, was worthy. And that is the NO NO in dating.

If you want the relationship to work, you must come in with the power. The power in knowing you are worthy, beautiful, amazing, and a darn good catch! How do you get there?

Start with self love.

## 4 Steps to Self Love

1. Spend time alone before you date again after a relationship. Take 2 weeks off and finish this ebook.
2. Get to know yourself and what you like. Do you enjoy being alone with you?
3. Ask yourself if you would be all right single for a year. Why or why not? Journal these thoughts and fears.
4. Ponder how you react when a love interest slightly puts you down, doesn't honor your needs, isn't supportive. Do you take it? Or, do you demand an apology + some act right.

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Think about steps 1-4. What do you need to do better?  
What must you change? Are you on the right track? How do you  
currently love you more in relationships? What must you change now?

