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Do You Love Yourself?

In many places, Valentines Day is when we celebrate love. For some, it is a beautiful day to embrace the one you're with, and to others, it can be a challenging reminder of being single.

Instead of focusing on what this day means to most people, let's dig deeper into our own life. Let us use it to our advantage.

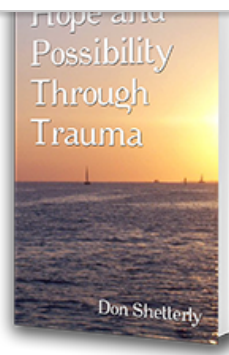
What matters most is how much you love yourself, in my view. If we don't truly love ourselves and the company we keep when we're alone, it will be hard for us to love others. It will be difficult for others to love us.

Loving ourselves is how we take care of ourselves and how we heal those broken parts of our life. It includes cleaning the mirror each day, so we see ourselves more clearly. Loving ourselves involves accepting who we see in the reflection, but also realizing that we are so much more.

What ways do you love or not love yourself?



Check out Laura's video as
Stephanie reads my poem



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