



THE SELF-LOVE MAKEOVER

Self-Worth • Self-Aware • Self-Care • Self-Respect • Self-Esteem • Self-Growth

Michael D. Shoultz, PhD
Chief Inspirational Officer @ Spirit Rising Coaching

THE SELF-LOVE MAKEOVER

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Introduction



How do you feel about yourself?

Would you say that you love yourself?

Don't take any more time to think about it – just answer now. You don't have to scream it out – especially if you are in public – but think of an answer right away.

OK, now that you have your answer in your head, let's engage in a couple of follow-up questions.

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- Do you treat yourself with self-respect?
- Do you honor your personal preferences and make sure you address your self-care?
- You know how much you love that celebrity or Influencer. Do you love yourself that much?
- You know how you treat your best friends. Do you treat yourself like that?
- You know the people you'd do anything to help. Would you do the same for yourself?

Even if you originally answered that you loved yourself, I bet you started to question that decision when reading the follow-up questions. Many people will instinctively answer, "of course I love myself!" but then they start to wonder when they really think about it.

They question if they would ever treat a loved one like they treat themselves.

They wonder if they would ever talk to their loved ones like they talk to themselves.

Self-Love is about accepting and loving yourself for who you are while at the same time making sure your actions and behaviors follow suit.

It's hard to *truly* love yourself when:

- You are your own worst critic
- You judge yourself harder than you judge others
- You engage in destructive habits and behaviors
- You doubt your abilities
- You question your worth
- You engage in negative self-talk

If any of these behaviors sound familiar, then you might not love yourself as much as you think. And that's OK...

That is why you are here.

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You are ready to experience a *Self-Love Makeover*. While you read this book, you get to be selfish. You are allowed to focus on yourself. You have permission to truly embrace who you are and fall in love with that person all over again.

The following pages of this book will focus on six different aspects of “the self”:

- **Self-Worth**
- **Self-Awareness**
- **Self-Care**
- **Self-Respect**
- **Self-Esteem**
- **Self-Growth**

By committing to these six aspects, attitudes, characteristics, or whatever you want to call them, you will experience a **Self-Love Makeover**.

“Why Do I Care, Though?”



Fair question.

I know you shouldn't ask a question in response to a question, but I must – why wouldn't you?

Why wouldn't you care about self-love? Self-love isn't some weird new-age concept. It is common sense. Self-love is important because it is the bedrock of who you are as a person. If

you can't accept and love yourself, you will be plagued with doubt your entire life.

The world is hard enough without being your enemy. Accepting who you are – warts and all - is an invaluable tool to help you move forward.

When you are committed to self-love:

- You will have less doubt and fear
- Your relationships will be more fulfilling
- You will be less anxious
- You will feel more satisfied and fulfilled in life
- You will see more opportunities
- You will be more capable of loving others
- You will achieve more and become more productive
- You will be able to assess your abilities honestly
- You will be healthier
- You will make healthier decisions

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- You will be more comfortable in your own skin
- You won't tolerate being mistreated
- You will recognize your true worth
- You will be more empathetic towards others
- You will find your passions easier
- You will trust yourself more

This list could be another three pages long because the truth is – self-love will help improve *every area* of your life.

Are you sold yet?

Are you ready to admit that maybe you don't love yourself as much as you think, and it is time for a **Self-Love Makeover**?

If so, don't hesitate – it's time to jump right in and take the first steps towards a life where you truly love yourself. You will be surprised how much easier it is to tackle life's issues when you do so from a foundation of self-love.

Realizing Self-Worth

There is zero hyperbole when I say this – if you learn this lesson, you could slam this book tight, never open it again, and it would still be worth 100x what you paid for it.

Self-worth is a simple concept. It is often confused or conflated with self-esteem, but the two concepts are quite different (more on self-esteem later). While self-esteem is an assessment of how you feel about yourself, self-worth is recognizing that you are still a valuable person worthy of love no matter how you feel.

Self-Worth is the most fundamental concept when it comes to self-love. You can't truly love yourself until you *accept that you are worthy of love in the first place*.

Nothing else we teach you will matter much at all if you can't accept that you are worthy of love. This is the first step to achieving almost any significant personal breakthrough.

Self-Worth & You

Do you feel like you are a good person who deserves to be treated with love and respect? If you don't, you need to work on that before you move on in this book.

The problem is, there isn't really a one-size-fits-all solution to develop your self-worth, either. We can't tell you exactly how to accept who you are since every person will face their own personal issues.



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People's self-worth could be lagging due to any number of problems that we can't possibly predict with any accuracy.

However, we can still help you avoid some of the common traps that people searching for self-worth fall into. Even more important than knowing what our **self-worth** is tied to is knowing what it is **not** tied to.

Your self-worth is never defined by:

- How you compare to others
- What you have (or haven't) achieved
- Your career
- Societal expectations
- Social media "likes"
- What other people think about you
- Your weaknesses (or strengths)
- The size of your friend list
- How much you earn
- Anything or anyone except yourself

It's time to let go of the above list and finally believe in your self-worth. Say it out loud with me:

I am worthy of love and respect.

Say it again!

I am worthy of love and respect.

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One more time for the people in the nosebleeds...



I am worthy of love and respect.

Seven words, simple but powerful. It might help if you regularly repeat these words like an affirmation. Maybe it helps if you write it down and keep it somewhere in sight.

Regardless of your methods, drill that message into your head until you truly believe it. No matter who you are, you deserve love. You are worthy of it. You are a human being who has value and importance.

If you are struggling with accepting your self-worth, you might want to consider speaking with a professional. If you don't have the means or don't think it has reached that point – then talk to a loved one.

Remember, this lesson is the crux of the entire **Self-Love Makeover**. If you can't find a way to feel worthy, you will never love yourself.

Becoming Self-Aware



The next concept you need to think about is **self-awareness**.

Self-awareness is the ability to see and understand yourself clearly and objectively.

The funny thing is you might actually be surprised by your wants and desires.

We all think we know what we want and who we are, but it isn't until we intentionally reflect on it that we truly learn.

Self-awareness is an important aspect of your self-love makeover. It is a vital step in the journey towards self-love because knowing yourself is the first step to loving yourself.

How can you love yourself if you don't even know "who" you are?

Being aware of what you want and what you are capable (or not) of is also important in general terms. Never mind **The Self-Love Makeover**. How can you have any direction in life when you don't know what you want or value?

Self-awareness includes knowledge of:

- Your desires
- Your values

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- Your strengths
- Your weaknesses
- Your habits
- Your traits
- Your feelings
- Etc.

Remember, people, change as well. Practicing self-awareness means *regularly* checking in with yourself so you know what's going on.

One of the best ways to accomplish this is to start journaling. Journaling offers many health and wellness benefits, so it is a good habit to start, no matter your reason.

Often, people struggle with journaling because they don't know what to write. Since your goal is to build self-awareness, this shouldn't be a problem for you. If you are struggling, though, here are some journal prompts you should work through.

Note: You can answer all these questions in a single journal post or make a journal post for each question. The goal is to eventually work through each question before moving on in this book, though.

20 Self-Awareness Prompts

1. What do I want out of life?
2. What are my core values?
3. What are my strengths?
4. What are my weaknesses?
5. What gives my energy?
6. What saps my energy?
7. What can't I live without?
8. What do I need to be happy?

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9. How do I deal with negative thoughts or feelings?
10. When am I most productive?
11. What are my biggest distractions?
12. What is my biggest fear?
13. What is my definition of happiness?
14. What would a normal day look like in my ideal world?
15. What kind of person do I want to be?
16. What is working well in my life?
17. What isn't working well in my life?
18. What would I change in my life with the wave of a magic wand?
19. What accomplishments make me feel proud?
20. What motivates me?

Answering these 20 questions is a strong start towards self-awareness. Don't feel limited by this list, though. Feel free to add and answer your own questions, as long as they are reflective and introspective about who you are as a person.

You also probably noticed that not every one of these questions is positive. That is fine! Remember our **self-worth** lesson? You need to find yourself worthy and valuable despite any issues you have. The Self-Love Makeover isn't about ignoring your faults. It's about recognizing them, accepting them, and then taking the required steps to address them.

Note: We suggested journaling as a self-awareness technique because it is something you can do regularly. The answers to these questions may change over time, so don't shy away from answering the same questions repeatedly. Comparing your current answers to past answers will offer even more insight into yourself.

Engaging in Self-Care



The third aspect of the **Self-Love Makeover** is **self-care**.

Self-Care is exactly what it sounds like - caring for yourself and your needs. More importantly, though, self-care is **not**:

- Selfish
- Greedy
- Indulgent

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We must make this clear because so many of you struggle with this idea. Many people are so caught up caring about their partner, children, family, friends, and colleagues that they find the thought of self-care to be indulgent.

This feeling of indulgence could not be further from the truth!

Self-care is vital – especially currently. People find it harder to unwind and slow down. If you don't care for your needs, you can suffer serious consequences like burnout, depression, or anxiety.

Note: *if you feel like you suffer from the issues mentioned above, please reach out to a trusted loved one.*

If you are still struggling to see the importance of self-care, consider this. You want to help and care for the people in your life, right? You might care so much about it that you let your self-care slide.

This is an issue.

Have you ever flown on a commercial flight? The flight attendant will tell you that if things go wrong and the airplane is depressurized, oxygen masks will drop. They stress the importance of putting your mask on first before you help others. After all, if you can't breathe, you won't be able to help the people around you. Instead of being helpful, you will soon find that you are the one in need of help.

You can similarly think of self-care.

While it is great that you want to help the people in your life, it will eventually catch up to you if it means you ignore your care.

Self-care is vital to the Self-Love Makeover. If you want to love yourself truly, you need to prove it by treating yourself with care.

Self-Care Checklist

Here are some different areas of your life that you should introduce self-care.

Physical

- Are you eating well?
- Do you get enough exercise?
- Do you feel in control of your health?
- How are you sleeping?
-

Mental

- Do you have an outlet for stress?
- Have you considered unplugging from social media?
- Do you have hobbies or pursuits that allow you to relax?
- Have you discussed your mental well-being with loved ones?
-

Social

- Are you seeing your friends enough?
- Do you have healthy, fulfilling relationships?
- What do you need to feel more socially satiated?
- How do you nurture your important relationships?
- Do your friends and family know your needs?
-

Spiritual

- Do you feel spiritually fulfilled?
- Are you comfortable talking about your spirituality?
- Do you engage in any spiritual practices?
- Do you regularly reflect on how your spirituality affects your life?

Emotional

- Do you have healthy ways to process your emotions?

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- Do you have people you can talk to about your emotions?
- How do you manage extreme emotions?
- Do you practice any mindfulness techniques like meditation?

Remember, **self-care** isn't a luxury. It is vital to your happiness, fulfillment, and, yes – even productivity.

You can't love yourself if you aren't willing to care for yourself.



Acting With Self-Respect



Can you love yourself if you don't respect yourself?

Self-respect is the next important aspect of the Self-Love Makeover. It is like self-worth, in that you need to recognize your worth, but different because it demands certain actions and behaviors.

For this guide, consider *self-worth* as feeling like you are worthy of respect, while *self-respect* is how you act to honor that feeling.

Acting with self-respect is so important because, without it, you open yourself up to all sorts of bad behavior from others:

- Demands on your time
- Being used

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- Your wishes not being respected
- General mistreatment

Worse yet, when you don't act with self-respect, you become a target for troubled individuals like narcissists. These narcissists, and other unsavory characters, prey on people they can control.

How Can I Act with Self-Respect?

Acting with self-respect isn't that hard. You should just treat yourself how you'd treat people you already respect. You don't demand and expect other people to give up their autonomy and do whatever you want, so why should they get to dictate the same to you?

Set Better Boundaries

You get to control how you spend your time. If someone asks you to do something that isn't your responsibility – let that person know about it. If someone is infringing on your time too much, let them know you need a break.

Remember, "no" is a full sentence. If you tell someone no, or set a boundary with someone, you don't need to explain why. If this person can't deal with that, then it is their problem.

Don't Allow People to Mistreat You

People who respect themselves don't allow others to talk down to them or treat them poorly. You are worthy of respect and if someone habitually steps over the line with you – let them know it's not OK.

This conflict can be hard if it is a close loved one or someone with power in your life (like your boss), but no one should get a pass to mistreat you.

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Avoid Toxic People

You are worthy of dependable, reliable, and uplifting relationships. If you have someone in your life who just saps your energy, brings you down, or otherwise isn't a good friend – consider moving on from them. If you can't drop them or avoid them entirely, consider figuring out ways to limit their access to you as much as possible.

Say No More Often

It's not always easy to tell someone "no," but you should get used to it. If someone asks you to do something you don't have the time or means to accomplish, it is better to say no than pretend like you can handle it.

Likewise, suppose someone is infringing on your time by asking you to do something that isn't your responsibility. In that case, it is fine to say no. Helping people out is a wonderful trait but be careful people don't try and take advantage of you.

Stick to Your Core Values

Remember back in the self-awareness section when you defined your core values?

Don't be swayed to go against the things you truly believe in just for social acceptance. You are worthy of having your own beliefs, and people should respect that. If one of your beliefs happens to conflict with societal expectations, who cares? As long as you aren't hurting other people, you are entitled to act upon your own beliefs and values.



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Don't Hide Your Emotions

Your emotions are as valid as anyone else's. Don't feel like you need to hide your emotions to make other people feel comfortable. In fact, bottling up your emotions is an unhealthy habit that can have long-term mental and physical effects.

Don't Rely on Others for Fulfillment

Much too often, you sacrifice your own needs and beliefs to make other people in your life happy. Subconsciously, you are scared of losing these people because your self-respect is tied to their feelings about you. No one should have that control over you.

Of course, everyone does things for and makes compromises with people they love. This altruism is natural and healthy. However, if your whole sense of worth is tied to your relationship, you don't respect your value.

Self-respect is vital to your **Self-Love Makeover**. Acting with self-respect will make loving yourself that much easier. It isn't hard either. Follow the above steps, and if you need more guidance, consider this:

Figure out how you would treat the people you respect the most. This is how you deserve to be treated.

Building Self-Esteem



We mentioned self-esteem earlier when we described the nuance between self-esteem and self-worth.

Self-esteem is how you view yourself.

It's the subjective sense of your skills and abilities. Essentially, it's how capable you feel. When you feel confident you can accomplish something, that is your self-esteem talking.

It doesn't take much imagination to figure out how self-esteem is tied to the **Self-Love Makeover**. Ask yourself this; Can you truly love yourself if you doubt your ability to ever accomplish anything?

Is It Really That Important?

It is crucial, especially when you consider its importance to self-love.

When you think about it, healthy self-esteem boosts all the other aspects of the **Self-Love Makeover**.

- It makes it easier for you to feel **self-worth**.
- You will be more confident about your wants and needs when you consider your **self-awareness**.
- It will be much easier to set boundaries and say “no” to honor your **self-respect**.
- You will feel like you truly earned that bit of respite **self-care** provides.
- Committing to **self-growth** (more on this later) will feel like a natural extension.

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Self-esteem is also important completely on its own. It will impact every decision you make and every action you take. A healthy self-esteem can help you:

- Make quicker/better decisions
- Boost mental health
- Handle adversity better
- Cope with stress
- Set and reach big goals
- Feel more fulfilled and satisfied
- Be more assertive
- Act more confidently
- And of course, *love* yourself

And that last point is why we are here, after all – to love ourselves!

Time for another quick self-assessment: *How do you think your self-esteem measures up. Do you feel generally confident about your abilities? Do you think overall you are a capable person?*

If you find this question difficult to answer, consider the following signs. If you exhibit any combination of these behaviors, your self-esteem may be lacking.

Signs You Might Lack Self-Esteem

- You define yourself by past mistakes and failures
- You feel like you are lacking control in your life
- You don't like to ask for things even when you need them
- You don't stand up for yourself
- You take criticism too personally
- You are a people-pleaser
- You don't feel needed

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- You engage in negative self-talk
- You don't take risks
- New opportunities seem too daunting
- You apologize even when there is no need
- You shy away from contributing during discussions
- Even the simplest decisions flummox you
- You have a negative outlook about life in general
- You struggle with compliments

If you can relate to several of these, you are likely struggling with your self-esteem.

If you do struggle with self-esteem issues, it is important to face them head-on. No one's self-esteem ever got better by just sitting around and wallowing in it. You need to come up with a plan to boost your self-esteem and then tackle it.

The funny thing is, simply creating the plan to tackle your self-esteem is likely to boost it. Just imagine what successfully acting on the plan could do!

To help you out, we have included a seven-step process that will help you start boosting your self-esteem.



Seven Steps to Save Your Self-Esteem

One: Identify Your Negative Beliefs

The first step to dealing with your self-esteem issues is identifying the negative beliefs you have about yourself. Reflect on how you think about yourself. What negative self-talk do you engage in regularly?

Quite often, your thoughts or self-talk will begin with phrases like:

- I can't...
- I'll never be able to...
- I'm not good enough to...
- I don't have any...
- Etc.

Any time you catch yourself thinking or talking to yourself like this, jot it down.

Note: *Remember the journal we mentioned earlier? This step is another perfect opportunity to use it.*

Two: Challenge Your Negative Beliefs

Once you have brainstormed a list of all your negative thoughts and self-talk, write down some reasons why they aren't true. Think about any evidence you have that would make your negative belief seem silly.

For example:

If you wrote "I'm just not good at making friends," challenge that by writing down the traits you have that would make a good friend.

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If you wrote, "I don't have the skills I need to move up the ladder at work," challenge that by writing down the skills you do have or brainstorming ways you could acquire the needed skills.

Make sure you come up with evidence that challenges all your negative beliefs. The evidence is there, no matter how hard it is for you to see it.

Three: Identify Your Strengths and Abilities

You may have already done this step in the self-awareness section. If so, refer to that list. If not, take the time now to list your:

- Strengths
- Personal abilities (i.e., good communication)
- Physical abilities (i.e., strong)
- Your interests



Four: Set Goals That Honor Your Strengths and Abilities

Setting goals is a powerful way to boost your self-esteem. People who have goals - especially those written down - are more likely to show signs of healthy self-esteem.

One of the best ways to boost your self-esteem is to set goals that honor your current abilities and interests.

You will find the goals easier to achieve, and you will be more

motivated to accomplish them.

Not all your goals need to reflect your skills and interests, but having one or two can help keep your self-esteem level.

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Here is a quick example. If you are skilled in wilderness survival, you love camping, and your strengths are stamina and fitness – create a goal to finish a multi-day hike through wild terrain.

Five: Make a Plan

Once you have a goal or two, plan on how to achieve it. List every step you need to take to achieve your goal.

Each step of your plan will become a new micro-goal. Don't think any step is too small to list – this will become important when it comes to taking action.

The act of creating a plan to achieve a goal is very empowering. It is likely to boost your self-esteem all on its own.

Six: Act Quickly

Remember we said that no step in your plan is too small? That was important because you need to act quickly. Once you have your plan, act on the smallest, most simple step.

For example, if you wanted to do a multi-day hike, one of your micro-goals might be researching where to go. If that is the case, find and research three spots that you could realistically accomplish this goal. Do it right away.

The sense of accomplishment you feel upon finishing a step of your plan is the single best way to boost your self-esteem. The more steps you accomplish, the better you will feel.

Seven: Reflect & Repeat

Once through this list isn't going to sustain your self-esteem. The idea here is to repeat this goal setting and planning whenever you reach (or abandon) one of your existing goals.

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When you finish (or abandon) a goal from above, reflect on it. How did it make you feel? What did you learn about yourself? What did you learn that can help you with future goals? What mistakes did you make? Did you learn from them?

Bonus Step: Affirm Your Worth in The Face of Failure

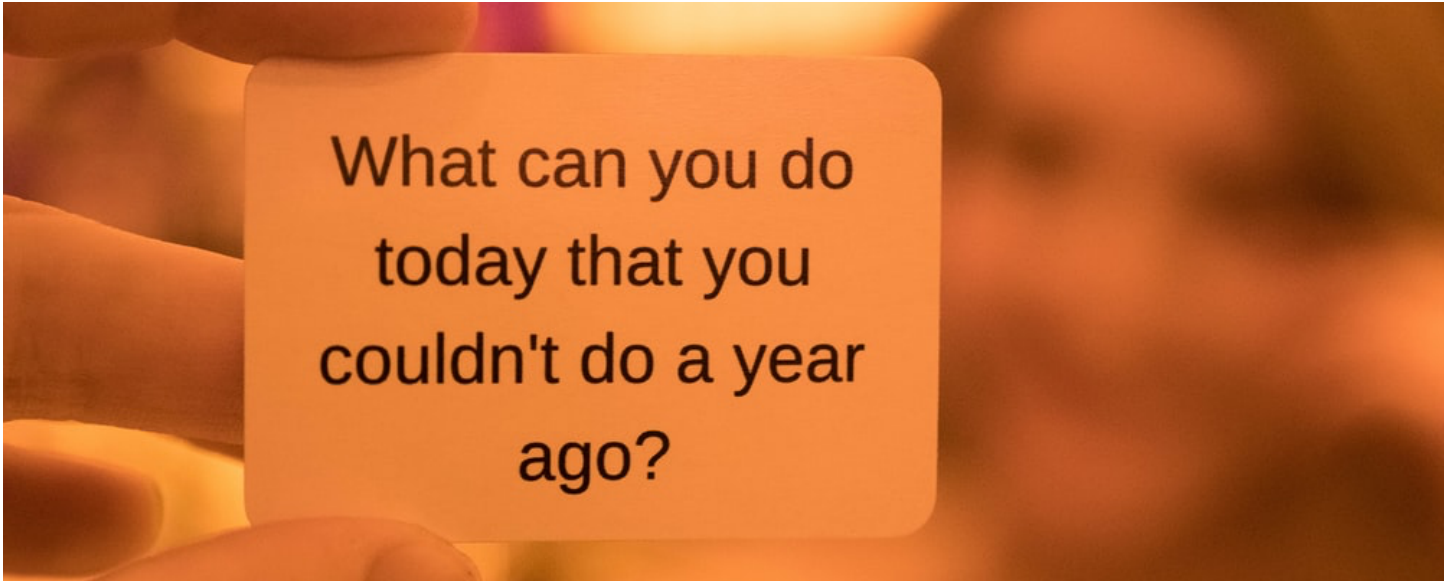
We mentioned abandoning your goal above. Please don't view that as purely negative. Sometimes circumstances and goals change. It is fine! If a goal no longer serves your needs or reflects your values, it is OK to move on.

Even if you have failed along the way – don't let this get you down. You can flip failure into a self-esteem-boosting lesson.

The next time you are dealing with a failure, make a list of your related qualities. For example, if you don't get the promotion you wanted, make a list of the reasons you deserved it. If you took a shot and asked out a crush, just for them to say no, write down reasons you'd make a quality partner.

Now, please choose a quality from the list above. Expand on it with a few paragraphs about why people should value the quality. Explain why people will likely appreciate the quality in the future.

Committing to Self-Growth



Self-growth is the final aspect of the **Self-Love Makeover**, but don't let the late inclusion make you doubt its importance. A commitment to self-growth is one of the most important ways you can show love to yourself.

Self-growth is a commitment to learning and growing as a person. You may have heard the terms *personal growth* or *personal development* used instead. For our purposes, you can use the terms interchangeably.

Self-growth is the process of improving yourself by your actions.

Once your school days are over, some people are ready to cruise. Sure, your job might train you on a specific skill, but that isn't really *your* action now, is it? The skill might be so niche that it doesn't help you out in any other area of your life.

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Ignoring self-growth is how many people become stuck or stagnant. Can you love yourself if you are content with stagnation? The world is rushing around you like a river while you try to stay still. How long before the water knocks you down, or worse yet, drags you under?

Practicing self-love draws you naturally towards self-growth. You want the best for yourself, and a commitment to learning and growth is part of that!

Some examples of self-growth include:

- Learning to control your emotions
- Learning a new skill
- Learning a new language
- Engaging in a new hobby
- Breaking bad habits
- Developing good habits
- Becoming more responsible
- Changing or adjusting your mindset
- Becoming more empathetic
- Perfecting an art or pursuit
- Becoming a (better) leader
- Building resilience
- Better stress management.

The Importance of Self-Growth

Even if you ignore the **Self-Love Makeover** aspect, a commitment to self-growth is a healthy and intelligent choice. Just look at the list above, do any of those examples seem like a bad idea? Not really. They all look like wonderful ways to enrich your life.

Enriching your life is a great way to show that you love yourself. On top of enriching your life (maybe in addition to), self-growth can impact your life in many positive ways:

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- Avoid boredom
- Avoid getting stuck in the past
- Continually improve your results
- Stay engaged
- Stay relevant
- Keep a sharp mind
- Feel younger
- Boost your memory
- Feel happier and more fulfilled
- Get ahead in your career and life
- Grow emotionally

This list is hardly exhaustive. To put it briefly – committing to self-growth is one of the best ways you can positively impact your life.

So, How Do I Commit to Self-Growth?



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\So, are you sold on the power of self-growth? Congrats! You have already taken the first step.

Step One - Recognize

The first step towards committing to self-growth is to recognize its importance. You need to accept that change is inevitable, and if you don't continue to grow, you will be left behind.

Step Two - Needs

What skills or abilities do you need to move forward in life? Think about what you need to learn to progress in your career and life.

Make sure you consider tangible skills you might need. For example, the only way to progress at your current job may include learning a new programming language. This is a tangible skill that you can acquire – usually through schooling or training.

Don't forget the less tangible skills as well. For example, the programming training is great, but you will need to manage a team if you get this promotion. Maybe that means you need to learn how to control your emotions a bit better. You might need to become more positive to set an example for your team. This kind of growth will include more personal reflection rather than classroom training.

Actionable Step: Brainstorm a list of tangible and intangible skills that could help you progress in any area of your life.

Step Three – Desires

Not all your self-growth will be skills, attributes, or traits that you *need* per se.

You might have a desire for growth just for the sake of your personal preferences. Learning a new instrument might not help you pay the bills, but it could help you feel happier and more fulfilled.

Likewise, you might want to brush up on an old hobby just for fun. You might want to join a class more for social interaction. It doesn't matter what the goal of your self-growth is, just as long as you keep growing.

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This is the **Self-Love Makeover**, after all. Doing something solely because it makes you happy isn't just acceptable – it is encouraged!

Actionable Step: Brainstorm a list of things you'd like to learn just for sheer enjoyment.

Step Four – Focus

Self-growth is a process. It isn't something that happens overnight, so don't force it. Now that you have a couple of different lists of ways you'd like to grow, learn and evolve, it is time to pick one (or maybe two) thing(s) to focus on first.

Focus is very important. Learning and growing can be intense, so learning too many things at once will likely lead to failure. Plus, would you like to learn one or two things impeccably or have nothing but a passing knowledge of several different topics?

You have your entire life to grow and evolve, so there is no need to rush. Once you are comfortable with your growth in one area, you can move on to another.

Actionable Step: Choose one topic or skill to learn.

Step Five – Plan

You already know what time it is! It is time for you to plan how you will learn whatever topic you choose from above.

This topic will likely fall into two categories: self-taught or instruction from someone else. If you are going the self-taught method, your plan will need to be more detailed.

- How are you going to achieve this growth?
- What do you need to achieve this?
- How long should it take to achieve this growth?
- Can anyone help me achieve this?

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Treat your chosen area of growth as a goal. Break it down into as small as steps as possible. Just like you learned in the last section, this will make taking action easier when it is time.

Actionable Step: Choose the simplest step and take it.

Step Six – Commit

You have a plan for self-growth, so the only thing you need to do now is commit to it.

Figure out a way to incorporate this growth into your daily routine. If daily is too much, work



on it weekly. When it comes to life-long growth, it's more important to be consistent in the long-term than productive in the short.

Actionable Step: A great way to help your commitment is to schedule a time to work on your self-growth pursuits. Take a few minutes now to block off some time in your calendar to work on your new pursuit.

Self-growth is one of the surest ways you can love yourself. It shows a

commitment to your mental and physical well-being. At the same time, self-growth will propel you forward, ensuring that you don't get left behind.

The question isn't, "Is Self-Growth important?" The real question is do you love yourself enough to commit to it.

Conclusion



Let's take some time to recap quickly.

To put it simply:

Self-Love – *if you don't have it, you need it!*

Self-Love is the ability to embrace who you are as a person fully. You don't only feel love for yourself, though. You back it up and prove it by acting and behaving in ways that honor that feeling. It's one thing to say you love yourself and an entirely different thing to live and breathe it.

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The best way to embrace the concept of Self-Love is to focus on the six "*aspects of self*" that we have outlined here. Self-Love is a combination of:

- Self-Worthy
- Self-Aware
- Self-Care
- Self-Respect
- Self-Esteem
- Self-Growth

If you can commit to increasing and manifesting these feelings, self-love will naturally occur.

Don't feel discouraged if you aren't feeling it yet, though. This isn't the kind of makeover you get at the makeup counter in a department store. This is the kind of makeover that many people spend their whole lives trying to achieve.

Self-love is naturally harder to come by for some of us. Past traumas, especially serious ones, can be nearly impossible to just "shake off." You might want to love yourself more, but then something holds you back. You might even do everything suggested in this book but still struggle to embrace who you are.

If this is the case, reach out to a professional that can help you process this trauma. There is no shame in getting a professional's opinion, especially when it concerns something as serious as your ability to love yourself.

No matter how easy (or hard) it is for you to accept that you are worthy of love, we applaud you for trying.

The steps you have taken in this book are sure to have a positive impact on your life.

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We hope reading this book leaves you feeling just as good about yourself as leaving the salon with an amazing new haircut or going out in that designer dress you've had your eyes on for ages.

You are worth it, after all.