ANGEL'S FRIENDLY COACHING

Love Yourself

WHEN YOU ARE

LONELY

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Keeping you in a positive mindset!

LOVE YOURSELF WHEN YOU'RE LONELY

Have you been feeling lonely lately?

The feeling of loneliness can result from the experience of physical or emotional separation from loved ones. Loneliness is something that many of us are facing right now, especially in the current age of social distancing and isolation.

It can be hard to love yourself even when you're surrounded by friends and family sometimes, and it can be even more difficult to maintain self-love when you're feeling lonely.

SELF-LOVE TAKES PRACTICE

Maintaining self-love is an art that takes time and practice, but when you begin to foster a deep appreciation for and comradery with yourself, you'll start to notice that your own company is pretty dang fantastic. When you love yourself, spending time alone isn't scary or isolating – it's refreshing and revitalizing.

If you've been feeling a little blue and disconnected from your center of self-love, keep reading to find out how to amplify the self-assurance and confidence that you need and deserve.

TAKE NOTE OF YOUR THOUGHTS

Our self-talk can be so crucial to our overall well-being.

Many of us unknowingly play certain tapes on repeat in our heads, negative thoughts that may seem harmless but are rather detrimental to our mental health. One of the best ways to start thinking positively about yourself is to notice these thoughts, take note of them, and meet them with their equal and opposite positive counterpart.

For instance, if you have a self-intrusive thought like, **"No one loves me,"** counter it with something like, **"I am loved by my family, my friends, and myself."**

Learning to focus on the positive and create healthy, uplifting thoughts will take time. But noticing the negative will help you formulate the positive. If you're telling yourself hurtful things that you would never say to a friend, then you're not being loving towards yourself. And it's time to start the self-love journey.

POSITIVE AFFIRMATIONS

One of the easiest ways to start thinking positively is to guide yourself in the process. Positive affirmations are an excellent way to start training your brain to speak with love and kindness, especially towards yourself. You can write your affirmations in a journal or on sticky notes that you can place around the house.

Here are some examples of positive affirmations for loneliness to get you started:

I am loved and taken care of by the Universe.
I am talented and abundant.
I make new friends wherever I go.
I am healthy and happy.
The Universe sends me gifts and connections every day.
I am beautiful on the inside and the outside.
I choose love and happiness in my life.

You can create as many affirmations as you'd like – as long as they are positive! Repeat your affirmations to yourself each morning, evening, and throughout the day as much as you would like.

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CRYSTAL HEALING

If you love crystals, there are ways to use them to combat loneliness. Crystals are beneficial for physical, mental, and emotional ailments alike, and there are certain crystals that naturally heal feelings of loneliness and inspire self-love.

ROSE QUARTZ

One of the gentlest, most healing crystals in the stone world, rose quartz inspires confidence for those who work with it. Rose quartz inspires compassion towards yourself and acceptance of who you are. This crystal promotes unconditional love for yourself and those around you. Place a piece of rose quartz in a glass of drinking water for 30 minutes to create a healing, loving, crystal elixir.

AMETHYST

Amethyst is an emotionally healing stone that helps patch up any wounds or hurt from the past that you might be facing. This crystal also awakens the Crown chakra, connecting you to your center of wisdom. Hold a piece of amethyst to the crown of your head, close your eyes, and breathe deeply to allow this chakra to blossom and flow freely.

MALACHITE

Malachite connects to the Heart chakra, allowing it to open and embrace the love around it. Working with malachite will also heal heartache, helping you move on from a tough breakup or the dissolution of a friendship. Hold a piece of malachite to the center of your chest and imagine loving energy flowing all around you.

Practice Gratitude

Practicing gratitude is one of the easiest ways to lift your spirits, remind yourself that you're loved, and attract more abundance into your life. Try making a list of everything you love about yourself and your life. Include your favorite physical features, personality traits, talents, and skills.

Think about the people and the objects, the memories and thoughts of the future that bring you joy. Practice gratitude for things that haven't even happened yet! Placing yourself in the mindset of appreciation for the things you want to manifest will set the Universe in motion, making it easier for you to attract those things.

Get Creative

Use time by yourself to get creative and express yourself through various art forms and mediums. Self-expression not only allows you to release negativity and overwhelming emotions, but it also provides a channel for you to connect with your center. You'll feel more confident and self-assured when you allow yourself an outlet of expression.

Journaling is a fantastic activity for those who may not feel like getting messy with paints and markers. Writing your thoughts and feelings down will allow you to acknowledge and move on from them. Simply open your favorite notebook, grab a pen, and let the emotions flow.

LOVE YOURSELF WHEN YOU'RE LONELY

STARTS HERE: Angel's Friendly Coaching Journal

- **What does self-love mean?**

  To begin any journey, it's important to define what the goal looks like. While I hesitate to say there is an end goal you'll reach and suddenly feel like you love yourself "the right amount" (because this is generally not how it works), it can be enlightening to discover what really loving yourself even means.

- **What is self-love? What does it mean to you? What does it look like, feel like, act like? Is it honesty, compassion, connection, and authenticity? Or is it movement, thoughtfulness, and ntrospection?**

  Self-love is going to mean something different to you than anyone else, which is why it's so valuable to start off by defining it and looking at all the ways it can be expressed.

- **What do you already love about yourself?**
- **When you think about yourself right now, exactly as you are, what do you already love?**

  Make a list of the things you currently love about who you are. Don't let your mind wander to things you think you need to change or improve upon yourself to 'achieve' self-love. Make sure to think about and include aspects of your personality, your essence, your truth, and your appearance. Don't leave anything out! It is important not to limit yourself here, just keep listing whatever comes to mind!

- **How do you currently love yourself?**

  Describe your current self-care routine. Is there anything you do daily that inspires self-love and makes you feel worthy, valuable, and important? Discovering what is already working and seeing how you are already choosing to love yourself can be an empowering discovery. Recreate and repeat your discoveries.

- **What do you believe about loving yourself?**

  Sometimes, whether consciously or not, we have rules, conditions, and beliefs about what it means to love ourselves. We put limitations on ourselves and judge how we choose to love. If you believe it's selfish to love yourself, you're going to have a hard time understanding why all your attempts at showing yourself kindness are falling short.

- **What rules or conditions can you release to love yourself even more?**
- **Are there things you believe about self-love that don't serve you anymore?**

  My guess would be yes. Being curious enough to uncover the beliefs, rules, or conditions you are currently holding can be a powerful step to getting out of your own way. Write down what you would like to release and think of one step to start the journey.

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- **How do you unconditionally love those closest to you?**
  When we have a hard time wrapping our heads around loving ourselves, it can be eye-opening to think about how we love other people. Many times, we're able to freely love those closest to us but refrain from showing ourselves the same kind of love. Think about your closest relationships. What does it look like for you to love someone close to you? What does it feel like? After becoming aware of the patterns you notice, begin thinking how can you start to love yourself in that way.

- **What do you need to be more at peace with yourself?**
  Is there anything tugging on your heart that you know you need to do to be more at peace with yourself? Maybe it is telling someone the truth, setting up boundaries for yourself, or even taking an honest look at your current self-care practices and making changes as you see fit. Is there anything you could do today to act on that and live from a place of love instead of fear?

- **What am I holding onto that isn't serving me anymore?**
  Self-love requires a relentless pursuit of acting on your own behalf and taking care of yourself, even when it's hard. This sometimes looks like letting things go. Is there anything you're holding onto or are afraid to let go of that isn't serving you anymore?

- **What fulfills you?**
  Are there certain things you do that make your soul sing? Are you doing them often? How could you incorporate them into your life more?

  If you aren't sure what fulfills you, take a moment to think about how you spend your time. What do your days, evenings, and weekends look like? Is that way of living currently fulfilling you? If not, what can you change and create in your life to find more fulfillment?

Answer these:

- What do I need to be more at peace with myself? How do I get there?
- What has stopped me from forming a healthy relationship with myself in the past?
- Do I have healthy relationships with others?
- Do I have a healthy relationship with myself?
- Have I ever valued someone's opinion about myself more than my own?
- Thinking back on past situations; How would some of these situations differ or what would they have looked like if I put myself first?
- On my journey to self-love have I forgiven myself? What do/did I need to forgive myself for?
- Do I love myself enough to forgive others?
- What toxic thoughts and behaviors do I need to rid myself of?
- What am I going to do to make sure I stay committed to loving me?
- What am I holding on to that isn't serving me?
- How would I like to show love to myself today?
- What am I grateful for?
- What do I love and value about myself?
- How am I feeling? If negative, How can I change the way I'm feeling?
- When is the last time I told myself "I love you" or "I am enough"?
- What 3 things are you grateful for about yourself?
- What is your proudest moment?
- Where can you set boundaries in your life?
- What do you need to say no to more often?
- What makes you unique? How can you use this gift?
- What areas of life do you need help with?
- Where can you find help?
- What do you love about your life?
- What makes you lovable?
- When do you feel your best? How can you do this more often?
- What clothes make you feel good? Can you wear them more often?

LOVE YOURSELF WHEN YOU'RE LONELY

Journaling has lots of benefits:

- Reduces anxiety, depression and mental health problems.
- You get to know yourself better
- Provides a sense of clarity
- Builds self worth
- Helps you organize and analyse problems
- Puts things into perspective
- Improves your relationship with others

Here is How to Make Your Daily Affirmations Work

Step 1- Make a list of all the negative things you have thought about yourself. Write down anything and everything that has been stuck in your mind for so long. This can be thoughts from yourself, or thoughts from others. Maybe a teacher or parent said something hurtful to you that you have held onto all these years, write that down too. Identifying the negative thoughts towards yourself helps you pick the right affirmations.

Step 2- Find self love affirmations that go along with what you have written down. You can also create your own self love affirmations. If you are making your own, you can use a thesaurus to find powerful words to use.

Step 3- Repeat affirmations for 5 minutes, 3 times a day. Do this with the most confidence you possibly can. I like to say them to myself into a mirror. It might feel fake at first because you don't believe what you are saying, but trust me if you keep it up, you eventually will.

Step 4- Breathe. While you are repeating your affirmations, breathe in slowly, hold and then release. This mindfulness helps make the affirmations one with your body.

Step 5- Get some of your close friends or family to say affirmations to you. Your close friends and family already love you and it feels good to hear positive things from others.

Last little tip, write some self love affirmations on post it notes or print out the graphics I have made for you and put them around your house. You might walk into the bathroom, see the affirmation on the mirror and then you can repeat it back to yourself. Surrounding yourself with positive thoughts is key.

I AM ENOUGH
I MATTER.
TODAY I WILL LEARN AND GROW
LIFE DOES NOT HAVE TO BE PERFECT TO BE GREAT.
HAPPINESS IS FOUND WITHIN.

Abundance and love flow from me.
I am pure beauty.
I am a radiant and joyous person.
I am cocooned in the loving energy of the Universe.
I am loved beyond comprehension.
I am worthy of infinite and unending compassion.
My life is a celebration of my accomplishments.
I am successful.

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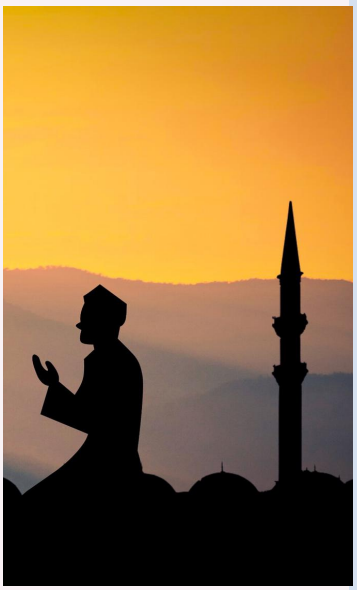

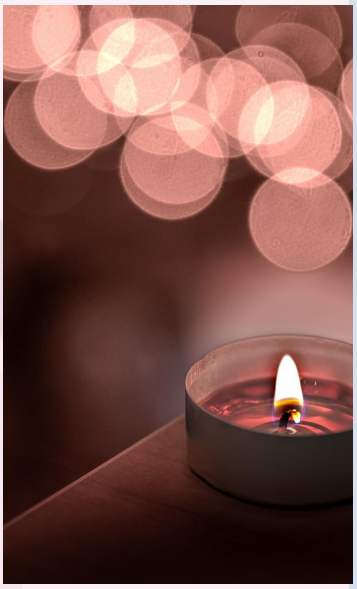

Life is filled with joy and abundance.
Happiness flows freely from me.
Compassion is infinite and fully surrounds me and my life.
I am centered, peaceful, and grounded.
Love rises from my heart in the face of difficulty.
The love within me flows through me in every situation.
I am powerful, confident, and capable of reaching all my dreams.
I feel profound empathy and love for others and their own unique paths.
I honor my own life path.
I have always and will continue to always try my best; I honor this.
Success is defined by my willingness to keep going. (Surefire ways to keep going when life is tough.)
I walk this world with grace.
My body is a beautiful expression of my individuality.
I am authentic, true, and expressive.
I have the strength to rise in the face of adversity.
I have infinite capacity for love and affection.
Love brings me youthfulness, energy, and rejuvenates me.
I am a beautiful person.
I love and treasure my body.
I honor and respect my limitations and thank myself for the capabilities I do have.
I trust in my ability to survive and thrive through any obstacle.
I have come this far, and I can keep going.
My life is founded on respect for myself and others.
Every part of my body radiates beauty.
I am confident in my individuality.
I deserve love, compassion, and empathy.

That should hold you over, let me know which ones speak to you.

Self Love Mantra's

I am increasing my prosperity every day!
I am confident and strong!
I deserve love!
My inner beauty shines brightly
I am enough!
My confidence is soaring!
I am who I need to be!
I am more than my body!
I celebrate my many successes!
I will not take criticism personally!
I have a caring heart!
I love the person I am becoming!
I deserve the good that happens to me!
Negativity has no place in my life!
My decisions are based on inner wisdom!

REMEMBER:

Self-Love is not Selfishness

As you read through these self love affirmations I hope you keep clear in your mind that self love is not the same thing as selfishness. Selfishness in fact often stems from insecurities where people lack self love and are unsure if they are worthy. They try to use their selfishness as form of proof that they are worthy of love.

5 IMPORTANT THINGS TO REMEMBER ABOUT SELF-LOVE

Self love is not conditional. You don't need to get something to love yourself. You will not say, "I will practice self love, if only I lose 10 pounds" you need to love yourself even if you gain 10 pounds.

Self love is not about vanity. It is not about staring in the mirror and thinking how beautiful you are. It is about being at peace with who you are. People who are vain or conceited often lack self love and their superior attitude actually stems from trying to convince themselves and others of their worth.

Self love is about compassion. When you practice self love you have empathy for others. It is not about always putting yourself first, but about helping yourself, so that you have the ability to help others. Just like putting your gas mask on before helping a child. IF you are not empathetic and willing to help others you are not truly practicing self-love.

Self love is about facing your fears. Someone who loves themselves does not hide from their problems. They face them head on and work to make them better. They understand that THEY are a work in progress and as long as they keep working they will continue to improve.

Self love is not defensive. When you love yourself you are comfortable with your actions. YOU do not feel the need to prove you are right. You do not feel the need to argue over implied slights. You are comfortable in your own skin.

You Are Loved!

CHALLENGE...

For the next 21 days take selfies and post them on social media tagging Angel's Friendly Coaching.

- Facebook would be best so it can be seen more

Are you up for the challenge?