

The book cover features a dense border of small, vibrant pink flowers. In the center, a white rectangular box contains the title and author information. The title is written in a dark red, serif font, with the words 'LOVING OTHERS' and 'LOVING YOURSELF' in all caps, and 'BEGINS WITH' in italics. The subtitle is in a black, sans-serif font, and the author's name is in a dark red, italicized serif font.

LOVING
OTHERS
BEGINS WITH
LOVING
YOURSELF

A Self-Love Guide for
Women

Dr. Jessica Larson



Hi, Mama!

I'm Dr. Jessica Larson, a psychologist, mom, wife,
& Founder of *Mama Be: Self-Care for Moms*.

Thank you for downloading
**Loving Others Begins with Loving Yourself:
A Self-Love Guide for Women**


For most of my adult life, I have focused on serving others. Putting the needs of others over my own, running myself ragged, and people pleasing.

If this sounds familiar to you, please know that you are not alone. Many women give to others more than themselves and it is burning us out. This needs to change.

Over recent years, I realized I had important work to do that focused on **loving myself**.

The more we love ourselves, the more we can love others.

When you love yourself, you can better understand what you want in life. When you love yourself, you connect to your joy more deeply, and more often. When you love yourself, you are able to better love others.

With love, Jessica 

Tell Yourself “I Love You”

How do you truly begin to love yourself? Let’s begin by the way you talk to yourself.

There are different ways to talk to yourself in a more loving manner. **For now, I want you to focus on just simply telling yourself: “I love you.”**

- Put sticky notes in your bathroom, on your nightstand and in your car as reminders. Every time you see those reminders, softly say “I love you” to yourself.
- Look in a mirror, maintain eye contact with yourself and say “I love you, [your name]” at least five times to yourself. It may feel silly at first, but just keep with it. Louise Hays recommends, every day saying: “I love you. What can I do for you today? How can I make you happy?”
- When you feel upset, soothe yourself as you would a child by saying “I love you.”
- Write “I love you” several times in a journal every day.
- At the end of the day, look in a mirror and acknowledge yourself for the successes of each day. Name the things that went well and express gratitude to yourself. End this exercise by saying “I love you.”

Write Yourself A Love Letter

How often do you express to others that you love them? Probably more often than you acknowledge yourself. Take some time to sit down and write yourself a love letter. Write it to the past, present or future you.

What do you love about yourself? What are your strengths? Name them. What fills you with joy and gratitude? How do you hope to be feeling about yourself in the future?

If you are struggling with this exercise, use these prompts to help :

- I love when I :
- I feel joy when I :
- I feel alive when I :
- The last time I felt at ease, I was :
- I feel strongest when I :
- I am grateful that I :
- In the future, I hope to continue to :

Encourage yourself in this letter. Focus on the positive and show yourself appreciation. Seal the letter and write the date 6 months from today to open it. Put it in a safe place. Create a calendar invitation for that date to remind you to open the letter.

Get in Touch With What You Really Want

As women, much of our lives are spent being taught to listen to others and follow societal expectations more than we are taught to listen to our inner voices. This process often leads us to get out of touch with what we truly want in life.

It takes real and intentional effort to quiet the noise of our minds and get back in touch with what our body is telling us. Our body holds our inner knowing, which is our intuition that helps us make decisions with integrity and confidence.

Trusting yourself is an integral part of self-love. Try these exercises to get more in touch with your inner knowing:

- Sit in silence for at least 15 minutes. Meditate, take a bath, go for a walk outside, or sit and watch the stars.
- Ask questions to a higher power or the Universe during prayer or meditation and listen for words, phrases, or feelings that arise in you.
- Practice listening to your inner voice when making a decision. Sit with each option as though it is your reality and notice how your body feels. Do you feel closed off, tightness in your chest, or is your stomach turning? Or does your body feel open, expansive and light? Take note of your body and allow these feelings to lead your decision-making.

Start Today

The self-love journey is a process that ebbs and flows. There will be some moments or phases in your life where you feel more connected to your intuition and joy. There will be other moments or phases where finding clarity and connection to yourself may be a struggle. This is life.

The ebb and flow of this work says more about the journey of life than anything about you being able to do or not do this work.

Be gentle with yourself, even when things seem challenging or your inner critic speaks too loudly or you feel stuck. It is all a part of the journey.

Loving yourself is not a competition with anyone else or a “right or wrong” process. Try to let go of judgmental thoughts and release yourself from unrealistic standards. Every step is important. Reach out to others in your life for support when you need it. Asking for help is courageous.

Above all, please do not put off the work of loving yourself any longer.

Start today.

Thanks for reading this self-love guide!
I would love to stay in touch with you.



Join the *Mama Be* community!

For more inspiration, strategies and support, visit:

Website: www.drjessicalarson.com

Instagram: [@mamabe.selfcare](https://www.instagram.com/mamabe.selfcare)

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