

# Episode N°8 How to Love Yourself More with 6 Easy Simple Steps

Have you ever experienced that you didn't follow through with what you are committed to doing for example eat beautiful food instead of sugar or wheat and you somehow beat yourself up? or you look at yourself in the mirror and you say something like I wish this body part is better shaped and do you wish that you loved yourself more and your life and become happier and healthier on a daily basis? You know my goddess friend, I've been to that place before.

Now I can say proudly I love myself and love my life wholeheartedly and today I am so excited to share with you six simple easy steps to love yourself and your life more. Are you excited? Let's dive in.

Welcome to the Haute Couture Life podcast. I'm your host Mana here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier healthier, and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

Hi gorgeous friend, how are you doing? Today I am so excited to talk about how to love yourself more first and foremost you are in the perfect place when it comes to loving yourself more and creating the life you really love because whenever you listen to this Haute Couture Life podcasts or read any Haute Couture Life blog post or take Haute Couture Life course which is coming soon! Very very excited! Please stay tuned! Haute Couture Life leads you to have more own happiness and ultimate health and most importantly, with this journey, you will love yourself even more so please remember that you are in the perfect place.

I truly believe that if you love yourself, you can give love and happiness to another person. if you don't love yourself, it is harder to love others right.

I really love the quote by Esther Hicks, she says 'The greatest gift you can ever give another person is your own happiness.' It is so great and Wayne Dyer simply explains that 'You can't give away what you don't have. If you don't have love for yourself, then you can't be loving to others.'

So, let's talk about self-love and six simple actionable steps to love yourself more so that you can take those actions right after listening to this podcast. Let's get started.

## Episode N°8 How to Love Yourself More with 6 Easy Simple Steps

Step number one, Understand what you love. First and foremost, if you want to love yourself, it is so crucial to understand what you love. In the coming soon course 'How to be True Self', we are going to dive super deeper into discovering who you are, what you love, what makes you happy, and what real core values are, but for the sake of this podcast, let's keep it very simple and easy with three questions. What makes you smile? What delights you? If anything is possible, what do you want in your life?

There is a great quote by Howard Thurman, he said 'Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.' So great.

Once you understand what you love, keep focusing on that and build a life around it. For example, every morning with my incantations, I also have a list to say at loud about everything I adore in my life. such as beauty, love, freedom, success, cats, roses, peaches, strawberries, classic, elegant, feminine, Paris, London list goes on (laugh), and make sure to put and add things you love into your life. I even feel so much energized only by saying out loud that things I adore.

What we focus on grows and if you want to love yourself more, let's collect things and surround with them what you love and add to your life little by little so that you will be able to notice love around you easily.

By the way, I already talked about my incantations in my podcast episodes and blog post, in case you have not checked them yet, don't worry, I am adding them to show notes so if you are interested, please check them out.

Step number two, Have enough time for yourself to understand yourself, and be honest.

'You cannot be lonely if you like the person you're alone with.' Wayne Dyer. We all live in a place right now that is easy to access and see what others think and do, however, when it comes to yourself, do you always take your time for yourself? If we are not mindful, we don't walk around and ask quality questions such as How can I make my life fulfilled? What do I really want to do? How do I want to design and live my best life?

Once you understand what you love or don't like from the first step, next, take time to really understand who you really want to be.

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The most important lesson in this part is that we all should get rid of any 'should' from someone else. Get rid of any limitation or someone told you you should be, do, or have. If something does not resonate with your truth at all, you can drop it. Take your time what makes you fulfilled in your life on your own terms and again, little by little, build a life around them.

Step number three, Change to Loving Self-Talk.

Have you ever said something like, I made a mistake again, I am stupid, I am sorry, I am too old, I am not capable, I am not enough, something like this kind of negative self-talk? Whatever we think and believe, we prove it true in our lives and it is one of the universal laws and everything is optional my goddess friend. Especially Whatever you say after 'I am', we have to be really mindful of what we say and make sure to choose the most beautiful one.

These negative self-talk of limiting thoughts and beliefs are just what we learned from our culture, society, and people around us as we grow up. And the great news is that we can rewire our brains. We learned these negative limiting beliefs little by little so that we can unlearn and replace them with the most beautiful thoughts and beliefs little by little. If it does not feel true or loving to you, get rid of all of the thoughts.

That negative self-talk might come from your past experience of yourself however, the past does not define you unless you want them to make it mean who you really are. Make sure that you focus on what you love, and want and create them for your future.

After understanding yourself, accept and forgive yourself with compassion and just move on. This is a daily practice and you can train your beautiful brain on what to focus on and rewire beautifully. You know, love is unconditional.

Step number four, Take exquisite care of yourself in terms of grooming and dressing up. When you want to love yourself more, you want to focus and pay attention to whatever makes you feel and look fabulous. Do you love the feeling of a beautiful spa, getting done manicure, or a new haircut after a workout? If you want to love yourself more, it is the perfect time to take exquisite care of yourself from the outside as well.

Do you know which color, texture, and shapes flatter you? Which part of your body do you love and emphasize? What kind of treatment would you like to try?

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## Episode N°8 How to Love Yourself More with 6 Easy Simple Steps

As ladies, when we take care of ourselves in terms of grooming and dressing up, we feel so good and whenever we feel so good, we become loving and attractive. Even if you have a day alone by yourself, let's dress up. I talked about why we need to use special things every day in episode number six and how to be a more attractive lady in episode number five so, in addition to this part, please check them out. This is part of self-care that leads you to ultimate love.

By the way, since I was talking about the books from Cara Alwill Leyba from Episode number five, she is a New York time best-selling author and amazing master life coach. I recently revisited her books and I just loved them. If you love girly, pink, and glitter, I highly recommend checking her books. I am sure that whichever you pick her book, it is all perfect for you.

Step number five, Set a beautiful boundary.

If you are the person always someone else comes first and you later, it is hard to love yourself. When it comes to loving yourself more, you have to be the first person to love no matter what. you need to fulfill your own needs and then you can give others.

As I mentioned in step number one and step number two, take your time and understand what your basic needs in terms of love are. And what you allow or do not allow. Do you have clear boundaries for it?

If you love yourself enough, you will never allow people to talk about bad things about you. Be mindful of not only what kind of food you eat which ultimately makes you physically and mentally but also what you input. let's make them high quality little by little because you deserve the best.

What are you tolerating and accepting without any boundaries? For example, what are you saying yes to instead of when you really want to say no to? What decision are you going to make for no more tolerating less than you want in your life? How do you want to set higher standards for yourself and others?

You know, the last thing you want to do is lie to yourself. always be honest with yourself. Your truth will set you free.

Step number six, Commit and follow through on your promises.

## Episode N°8 How to Love Yourself More with 6 Easy Simple Steps

Lastly, I am here to say, that loving yourself is not about eating your favorite cakes and chips and doing and feeling what you are comfortable with. Actually, it is the opposite.

I found that whenever I say something to do and commit and follow through, I feel so proud. We all need discipline when comes to loving ourselves more. It leads you to feel long-term fulfillment. Think about it, loving yourself is actually the relationship you have with yourself. If you have a friend who always doesn't show up as you promised, how do you feel? you don't trust them anymore, right?

So, to increase love for yourself, it is crucial to make your promises no matter what. You are going to build self-trust with it and it is big love that you can give it to yourself. We sometimes need tough love to be the next best version of us.

If you want to learn how to follow through on your commitment, please check episode number four that I talked about actionable steps that you can do no matter what.

So here are the six steps and now I am going to introduce you to fun and exciting bonus tips to love yourself and your life more.

Bonus tip number one, Keep a journal of compliments.

I loved to do these exercises way before I discovered the personal growth world. In order to love yourself more, it is so fun and loving to keep a journal of everything you get as compliments from other people.

For example, she said she loves my dress and told me it looks so great on me, and he praised my favorite personality and I am so proud of myself, she noticed my new hair cut and he said gorgeous something like that. This exercise will boost your confidence too. Whenever you want to increase your energy level, you can revisit the journal page anytime and when you feel good. yes, when you feel love, you will take loving action! How gorgeous is that?

As you practice, you are going to believe their thought and you will be able to say compliments by yourself as well. Some people don't even take compliments personally and most likely they take rejection or complaints personally..(laugh) or will say oh, it is just because someone else helped things like that.

## Episode N°8 How to Love Yourself More with 6 Easy Simple Steps

As we are goddess ladies, let's input many compliments and just say thank you to those who praised you. And one day you will be 'Oh thank you! I know right!' (laugh)

Bonus tip number two, Keep a journal of your accomplishment.

Another exercise is that list up all of your accomplishments. Most people don't even realize but we all have massive accomplishments lists. From when we become able to walk, ride a bicycle or car, or talk in English or other languages, as you do this exercise, you will blow your mind and be proud of yourself.

So let's recap each step. Step number one, understand what you love.

Step number two is to have enough time for yourself to understand yourself, and be honest. Step number three, aware of negative self-talk and change to loving self-talk. Step number four, take exquisite care of yourself in terms of grooming and dressing up. Step number five, get really honest with yourself and set a beautiful boundary and final step, commit and follow through on your promises.

Bonus tips are to make a list of compliments you got and accomplishments of what you achieved in your life.

As you can see, love, happiness, confidence, truth, pride, and fulfillment come hand in hand because it is all emotions that are based on love and we are made of love. This is the natural state of being my friend. If you want to love yourself more, let's keep focusing on what you love, things that make you happy more than ever.

Which steps would you like to practice the most? Again, if you want to learn the beautiful tools of 'How to be your True Self' and live the most authentic self and life, this is the ultimate gift of love you can give to yourself, please be excited. Our first-ever class is coming soon! If you have not already subscribed to our newsletter, what in the world, we will announce the exact day of launching with the newsletter so please stay tuned.

Have a gorgeous spring week my goddess friend, I cannot wait to see you soon.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit [hautecouturelife.com](http://hautecouturelife.com) to leave your comments. I am so excited to hear your takeaways and insights. So until next time stay beautiful and have an amazing week my goddess friend!