



The Importance of Self Love by Keon

How many times have you doubted yourself or felt as if you were not good enough for a certain person, achievement, or activity. If you're like me then that is too many times to even manage to keep up with. I found out that is due to my low self esteem and not loving myself first or being able to even understand how to love myself. Loving yourself first before anything or anybody could totally change the outcome of every situation you put yourself in. If you truly love yourself then if you fail in anything in life or feel like you let someone down you're okay with that and understand that comes with life in general this stops you from being disappointed in yourself because you accept your flaws and know your worth so you know if you can do better and achieve it or not. And this is just a few reasons why self love is so important and such a personally sensitive topic to talk about.

Self-love is important because it motivates much of our positive behavior while reducing harmful behavior. It both empowers us to take risks and to say no to things that don't work for us. It's a key component of building self-compassion. Self-love helps us take care of ourselves, lower stress, and strive for success. Making it easier to fall in love with other things and people in general also gives you enough confidence to do things you would never have thought you could achieve. Self love is important for everyday things.

There are many benefits from showing yourself self love and embracing it including higher self esteem which leads to confidence in one's own worth or abilities; self-respect. There are plenty more benefits including more self acceptance and better mental health and more motivation leading to a happier life and gives you more faith in your abilities making it easier to be successful. Also stronger determination and

increased self awareness, less anxiety , and better sleep leading to a healthier life and longevity in the career path you choose to take. As you can see there are plenty of health benefits and things that benefit the mind and the soul. This shows that self love is really important and that not only should you show yourself more self love but also get other people to love themselves more.

There are many ways to show self love that are really helpful and easy to do for anyone. One way is to replace criticism and comparison with acceptance and appreciation, meaning don't compare yourself to other people and don't dwell too much on criticism and value yourself and appreciate the little things about yourself. Communicate with yourself in a kind and positive way meaning do not drag yourself down and speak ill upon yourself don't let negativity get to you and always have a positive mindset. There are many more ways as well but I feel as if these are key things any and everyone should be able to do.

I feel as if self love is very important and should be taken seriously because if you do not love yourself how will you achieve anything. This is my conclusion but I didn't want it to end as if it were. I did not love myself much and still have very hard times finding ways to have a high self esteem or high mental health state. Things like that are very important to your ability to be able to love yourself, everyone should be able to love themselves and even their flaws. This brings me to my next point. Think of it as an immovable wall in front of you but the only thing that will move it is your thought process and your well being. Always stay positive and motivate yourself to do a few simple things to improve yourself everyday. Pat yourself on the back for the little things you do throughout the day and smile more always remember it takes more bones in your face scientifically to frown than it does to smile. Self love is important because it betters your days, your thoughts, your spirits, and most importantly it betters everyone around you and your ability to make other people smile and day amazing.