

How Deep Is Your Self-Love?

**Master
Self-Love
Master
Your
Success**



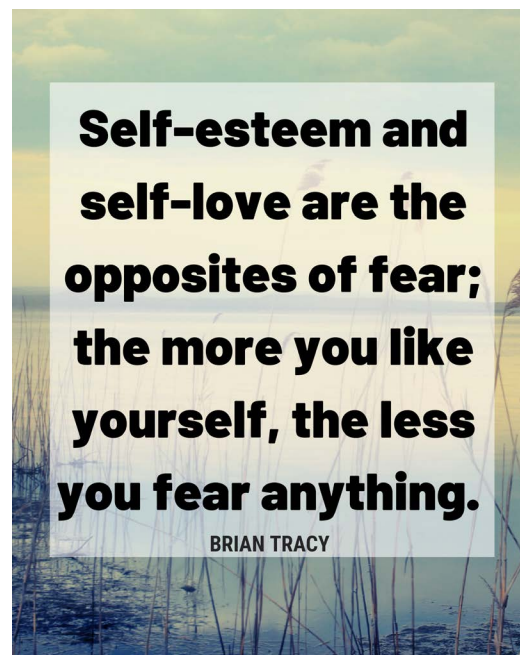
**21 Actionable Steps To Deepen Your
Self-Love & Building Lasting Success**

Flora Chiu



Self-love is the foundation of all love. We can't truly love one another until we first love ourselves. Self-confidence and self-motivation all stem from self-respect which is produced from self-love.

People tend to want to build their happiness around their accomplishments. They feel good about themselves if they are making the most money or dating the hottest person or selling the best products. They tend to validate themselves by ensuring they are doing better than the person standing next to them. A fundamental flaw with this ideology is that when your ego is that attached to your level of success, then failure devastates it all. This form of happiness is conditioned on material things which can fall outside our control at any point in time.



The self-love I'm referring to isn't the shallow self-love, but the uncovered truth and hidden secrets of life. Everything is guiding us to go back to ourselves, to love, to respect, to value and to accept all parts of ourselves. The angry, ugly, sad and frustrating parts, life will give us plenty of those experiences until we learn to love, embrace and accept everything we see and experience in ourselves. Once we can, the annoying boss or selfish partner stops getting entangled in our lives.

Whatever we avoid, life will give us more until we learn to surrender to love. That's why I wanted to help people to be wise enough not to go through all the ups and windy roads themselves to figure this out. It is said that ***"A wise person learns from his mistakes. A wiser one learns from others' mistakes. But the wisest person of all learns from others' successes."***

That's why I am writing this eBook hoping to get people to focus on digging down the right well, that is, internally into one's heart and loving oneself, consequently bringing forth a spring of happiness. Because it's guaranteed if we keep digging deep to actualize self-love, we will be well taken care of thereon. All the success, joy, love, peace, fulfillment, wealth and bliss will follow us.

Success never brings self-love, but self-love certainly brings success.

Do you find yourself asking these questions?

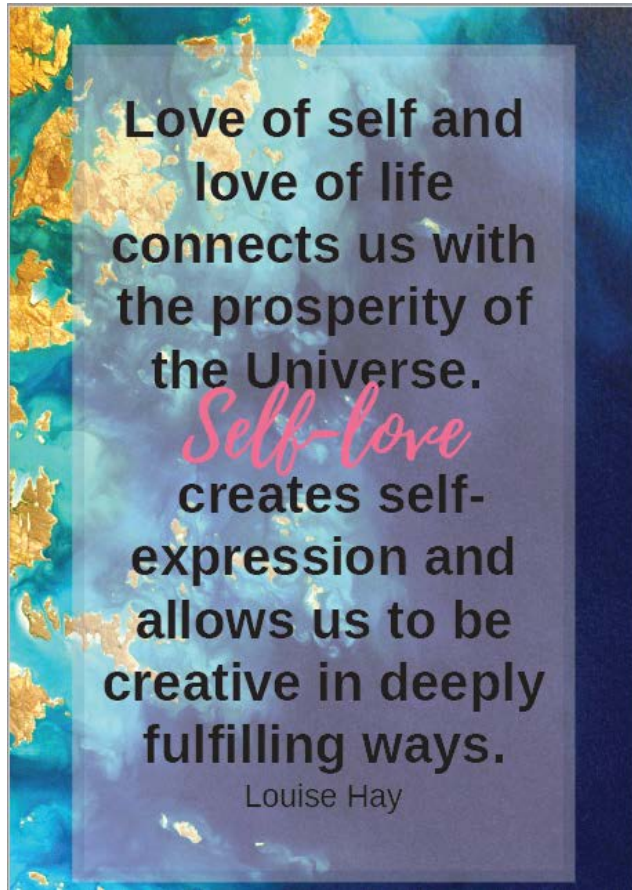
- ♥ What is self-love?
- ♥ How can self-love improve my life?
- ♥ How can self-love give me everything I want and anything I desire in life?
- ♥ How come the concept of Self-love is not widely taught and discussed?
- ♥ Isn't self-love just for those who are sad and battling depression?
- ♥ I have heard about self-love, but I have no idea about what it means?
- ♥ How does self-love look like and feel like?
- ♥ How would I know if I don't have ENOUGH of self-love?
- ♥ What would I feel or experience if I have what you call "self-love?"
- ♥ How much is sufficient to make me happy and make me lots of money?

I hear you, and I understand why you would have all these questions bubbling up in your head. This may be a little bit confusing for you not KNOWING what self-love means as the concept is not a tangible one like an object that can be studied to understand its' physical uses and benefits. You can spend a large chunk of time on the internet trying to figure out how it looks like or sounds like yet any concluding result you will have would only be the idea and concept of it.

You are not alone for having any of the confusion, perception, frustration or even the curiosity for this misused, misinterpreted and also overlooked phrase 'self-love.'

Everyone needs self-love. So how far have you deviated from loving yourself? Have you found yourself in a rut? Does it sometimes feel like the whole world is closing in on you? The good news is it is never too late to come back home. Home to your heart where you can be filled with wonderment and infinite joy. It just takes a step and a conscious decision. Self-love is the only key to real happiness.

If you have a look closely enough for all the actual teachings of spirituality and self-development worlds, you get to see and realize everything comes down to the word "self" and the self isn't about the ego self.



It's the greater self that emerged from the ego self and higher self where separations disappear and oneness appear. You get to have the glimpse of your importance in this world and simultaneously you realize how insignificant you are also. You learn to take better care of your physical body because you know it's the only place you can live and have to live. You start to harness your power to create and to manifest because you KNOW everything you need is within you, all you need to do is to tap into the power that exists in all of us. Only the worthy ones believe they got this super power and make good use of it to create and enjoy their creations.

Have you heard about the concept of Rumi that ***"you are not just a drop in the ocean you are the mighty ocean in the drop"***? The truth is we are the mighty ocean in the drop and this truth is built on the concept of abundance, rather than the scarcity. It

prescribes unity, wholeness, and oneness rather than separation. Imagining how different we would act, think and be if we truly live and create from the space of wholeness and know we can never fail? This is what self-love can offer you and allow you to create from the place of wholeness and abundance.

In other words, what qualities of someone who has much certainty and confidence in themselves possess? The answer is self-love. You could say self-confidence, self-worth, assurance and if you boil it all down, you will see the foundation is self-love.

The reality is that everything comes from yourself, not outside of you. When you can realize this, you will see and know that the love you need is actually within you. Yes, we need others. Yes, others play a role in our lives. Yes, the love of others is essential, but, more important is the love we have for ourselves.

Don't you think this is true? Well, you can see this for yourself when you tell someone many times that you are wonderful or beautiful or handsome, but if they do not believe it, the words are worthless. That's because the words that matter most are what you say to yourself. The thoughts that matter most are our thoughts. The opinion that matters most is ours. You are the center of YOUR universe.

The journey of self-love begins with your mindset.

Before we go on, here's a simple test to see if you are experiencing any self-love deficiency...

- ♥ Is it easy for you to feel a sense of joy and peace within yourself?
- ♥ Do you have difficulty to stay present?
- ♥ Do you often have doubts about yourself and/or others?
- ♥ Do you tend to hear a more critical voice in your head judging and criticizing yourself and/or others when things are not going right?
- ♥ Do you feel you often need to take control or work hard and try hard to get what you want?
- ♥ Do you find it difficult to relax and trust yourself and/or others?
- ♥ Do you find yourself always racing, busy and even worry a lot about people and stuff in life?
- ♥ Do you find it difficult to pause and enjoy what you have just achieved, and you feel you must continue to work hard or plan hard for the next projects?

I hope this eBook would expand your view on what self-love is and help you to ponder or imagine how you can cultivate self-love and build your foundation upon self-love. It would shape how you view everything around you. How your health, career, finance, and relationship should be like. How much easier it is for you to be present and enjoy the journey in life.

This is an invitation, and you are invited to unlearn and relearn. It's the opportunity for you to put all the 'theory' into a test and get to feel and experience the results. **Are you ready to explore the possibilities?**

Let's dive in and take a look at the steps you need to take to deepen your self-love.

Enjoy this journey with me as you read and apply this eBook.





#1: Redirect Your Focus

Ask yourself empowering questions to redirect your focus and help you generate a deeper conversation and clarity within yourself.

What you focus on is what you get and by asking empowering questions, you can't help but change your focus. For example, ask yourself empowering questions. Will I be happy if I do this? Does this excite me? Will getting this done get me closer to my dreams?

This will help you change how you feel, put you in a positive vibration and change your point of attraction.

#2: Keep A Gratitude Journal

Make it a habit to keep a gratitude journal. Write down what you appreciate about yourself and others. To get into the flow and ensure that the practice is valuable, you can use empowering questions to help you direct your focus.

When you are grateful you can't be fearful, both cannot co-exist and that's the power behind keeping a gratitude journal.

#3: Record Your Progress & Celebrate

As you progress and make achievements, remember to celebrate them also.

Celebrating your “small wins” is key as it fuels your positive emotion thus leaving you all fired up to do more. As Tony Robbins said happiness= progress, and when you progress, you are getting closer to achieving your set goals.

Don’t waste your time judging or criticizing yourself because you are meant to make mistakes and we always can choose to learn from it and move on as a wiser person.

#4: Amplify Your Good Vibes

You must learn to train your focus on what’s already good and beautiful in your life right now no matter how small it may be, so you can tune into the feeling and resetting yourself again. There’re plenty of evidences to support there’s fear or love in life, you just need to choose wisely because the moment you make the decision- you get to FEEL it right away. This is the skill you must learn to train your mind to tune into the goodness and possibilities that exist here and now.

What you focus on is what you get. The positive vibes that you create will spread and overflow to others around you. In return, you would not only feel good from the moment you shift your focus but able to attract even more goodness coming your way.

#5: Make Use Of Positive Affirmations

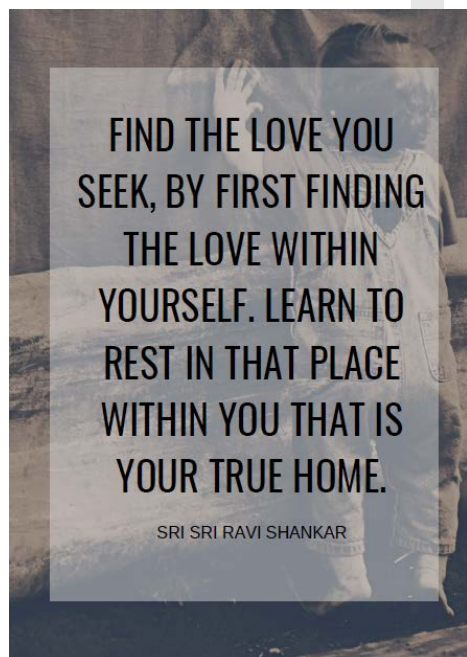
It is important to redirect your thoughts and focus on powerful words. What you can do here is to have a selection of powerful affirmations and train your mind and body to feel the words as you read and repeat them.

For example, when you wake up in the morning, stand in front of your mirror. Look directly into your eyes in the mirror say the following words out loud: “I can achieve greatness; I love and accept myself today and every day!” repeat the sentence as often as you need to recondition yourself. each time infusing more passion into the words until you start feeling and believing it.

You can have these positive affirmations written out and post them around so you can be reminded and be nurtured by it.



#6: Allow Yourself To Feel YOU



You need to give yourself permission to feel any feelings and emotions that you want to avoid having to feel. What I mean is, we tend to suppress or avoid the negative emotions we feel and hope if we distract ourselves long enough, we won't feel it and eventually it will go away and never come back again. Well, how has this strategy been working for you so far? Have you got your anger or sadness gone side way when you least expected and felt you lost the control as you just cannot "manage your negative emotion" anymore?

The solution is actually quite simple yet it takes courage to follow through though. What you need is to make its safe for you to feel and express your unwanted human feelings and emotions completely and thoroughly ALONE. This isn't about getting angry at someone when you feel the anger or frustration but rather be deliberately allowing

yourself to feel and release the energy. Otherwise if you keep them inside, they are more likely to be manifested into an unwanted sickness to really get your attention.

What if you can have a different perspective that no matter whoever and whatever brings up the negative emotions in you is only doing you a favour to see what's not being accepted, loved or embraced by you. Seeing them as a mirror reflecting what seeds you have within you because the truth is, if you don't have such anger seed in you, no matter how hard other people try to water it, the anger seed won't sprout or grow any fruit.

When we can fully experience anything that labelled to be negative, it always turns into joy sooner or later. Try it and see quick you free yourself from the negative emotions. This is also an empowering way to increase your personal power.

#7: Your Compelling Future- Goals, Dreams And Hopes

Take time to dream and dream big. Write down everything you wish to see, taste, own, experience, learn and enjoy. And anyone you wish to meet and learn from and places you want to travel and experience. Fill up your heart with your compelling future and visions so they become your guiding force to navigate your way through life.

Your life becomes more meaningful because you have dreams, goals and hopes for life. Putting all your dreams on a vision board to keep you inspired as it becomes your focal point. Get a coach to help you with strategies and come up with an action plan so you can work towards realizing your dreams and be a deliberate creator.





#8: Be Connected To Your WHYS

Highlight all the reasons why your dreams, desires, goals and fantasies are important to you.

How would you feel if you were able to achieve them? What would it change about you?

Build a list, continue the process because this list building helps you to strengthen and deepen the connection of your whys to you. You can link your WHYS across 7 areas of your life to help you brainstorm better. i.e. how would this benefit my finances?

1. Health & Physical Wellbeing
2. Finances
3. Relationships
4. Social Leadership
5. Wisdom & Intellect
6. Vocation & Mission
7. Spirituality

Having these written out helps you stay focused and linking all the reasons why it's crucial for you to achieve them speed up your manifestation process.

#9: Invest in You

An investment in yourself is a great example of self-love, and may very well be the most profitable investment you will ever make. Because you are the centre of your universe and all the creation comes from you and come through you; you can say your future counts on you!

Whenever you spend time and resources on learning and growing your mind and heart, you are the first beneficiary of your investment. This can come in the forms of be learning a new skill, getting good at something you are interested, going for an inspiring talk, go for a health retreat, workshop or seminar.

#10: Create Some “Me Time”

Spending some time alone without any form of technology and immersing yourself in nature is a good way to deepen self-love. You can take a walk on the beach bare footed or even take a stroll in the park and breathe some fresh air. If coffee is your thing then grab a cup and at the café, or you could go for yoga or meditation classes. Remember, when you take excellent care of yourself, everyone around you benefits. You will find you have better clarity, able to be productive and stay present as the result of filling your own cup first.

#11: Uncover Your Truth

Have the courage to tell the truth- write down 5 things you often hear or know that other people dislike about you on the left side of the paper. On the opposite side, write down all the possible truths of such feedback and keep digging deep inside your heart as you list them all down on paper. This exercise helps you to uncover the truths and be set free by it.



For example:

- ♥ Too shy- I do speak up about things that inspires me and intrigues me and it's okay for me to take time to warm up, I am making progress on making myself comfortable more and more.
- ♥ Find it hard to say no- when I cannot say no to others, I must have some thoughts/ ideas/ expectation/ agendas for not doing so. I am willing to explore the reasons why I cannot say no to others and own it.

YOU CAN
NEVER MEET
YOUR
POTENTIAL
UNTIL YOU
TRULY LEARN
TO LOVE
YOURSELF.

TERESA COLLINS

#12: Set Boundaries

Never do things you want to do because you want to please others. it's never our job to satisfy other people and it's an endless and unreasonable demand for us to fulfil others. Often, we get burnt and disappointed in the process of letting others invade our boundaries especially when we haven't got one. Ask yourself, what's important to you and why it's crucial to set a healthy boundary and find ways to execute it.

Train yourself only do what you want to do and be with whom you want to be, and take fully responsibility for how it turns out. Be aware of any agenda for needing to please and satisfying others and see where else you got such pattern. How did this pattern end up in the past? What have you learnt?



#13: Train Others How You Want To Be Treated

Before you train others, first you must train yourself how you want to be treated. What that means is you start to pay attention to the words and languages you use to communicate with yourself and others. Words have vibration and each word has its own vibration and they do have rather direct impact on our feelings and emotions. For example, if you focus long enough of anger, you get to feel it.

Start showing the love you wish to feel yourself, when you focus long enough you increase your self-worth and you just cannot tolerate anyone who cannot treat you with the respect you give to yourself.

You would then have the courage to express how you want others to treat you calmly, and if people refuse to cooperate with you, you would have no trouble moving onto someone who can.



HAPPINESS IS
NOT IN THINGS.
IT IS IN YOU!

ROBERT HOLDEN

#14: Eat Well

It is said that “you are what you eat”, so you need to eat well. Choose to eat well is an expression of self-love. It’s true to honour who you are by eating well and creating balance in your choice of food.

However, there are times we just want a piece of cake, but often we make it sinful to want it so we end up eating with guilt. The cake itself isn’t the most nutritious choice and when it topped up with guilt eating, this piece of cake become truly harmful for our wellbeing. On the other hand, if you have such craving for a cake, allow yourself to enjoy one and take time to love every bite of it, you would be surprised by how quick the craving diminished.

Stop fighting and start loving so your body can start to respond differently, sooner or later you naturally just want healthier versions of foods as you honour and love your precious body.

#15: Practice Mindfulness

Engage yourself with either meditation or yoga or even just a simple walk down to the streets and back where you focus on your own body sensations and breathing. Once you understand what mindfulness is, anything you do or don’t do can be a mindful practice. Choose one activity you would enjoy to start with and commit to it even it’s only 5 minutes of short mindfulness. Set a time daily to perform this exercise; as you get better and enjoy the rewards it brings, you’d naturally want to engage more of it. Sooner or later, the mindfulness lives in you and be part of who you are.

#16: Have A Creative Outlet

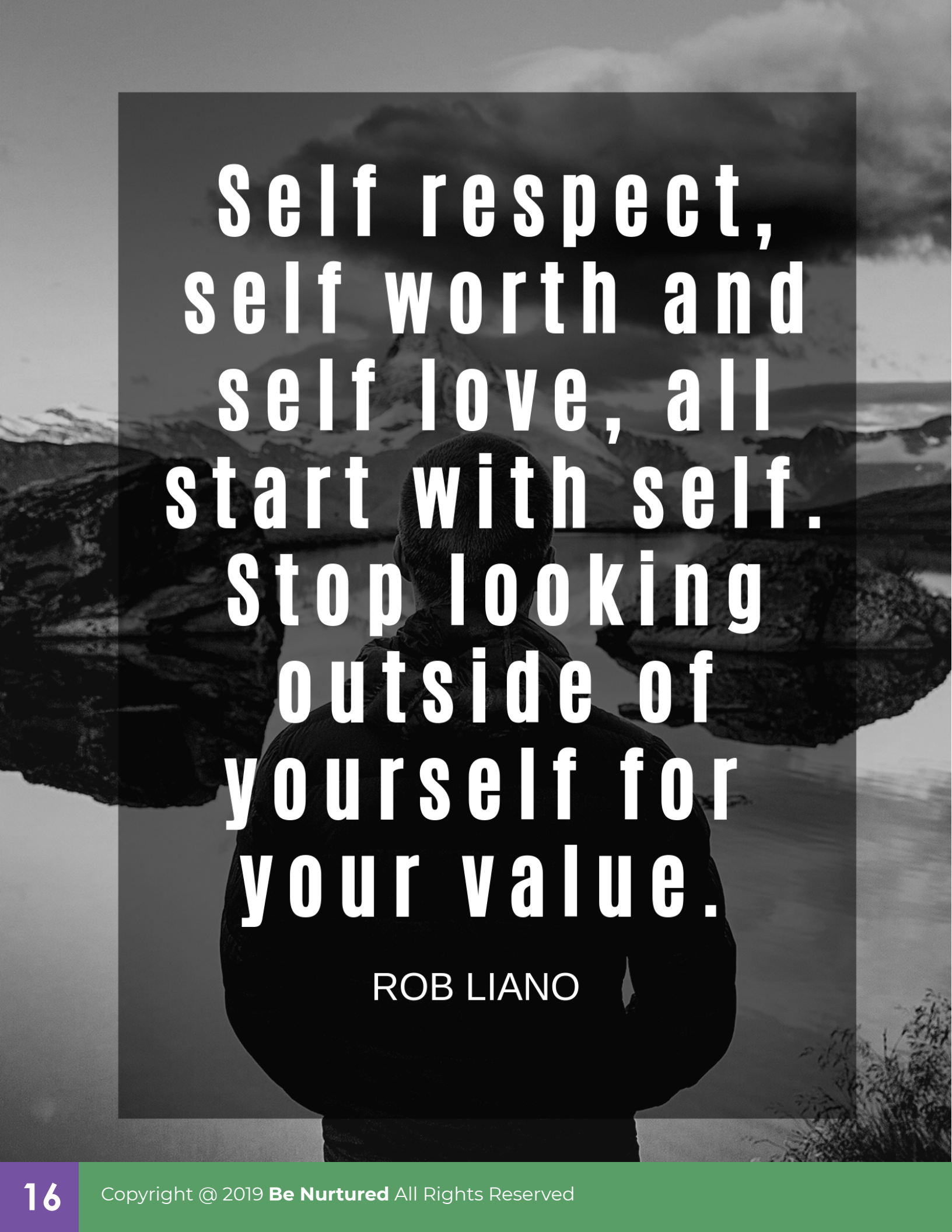
Is music your thing? Then play some and dance away. Learn to express yourself freely doing what brings you joy. This can range from hobbies like drawing, singing, dancing, cooking or photography.

Having a creating outlet allow you to keep your imagination alive, be inspired and stay uplifted.

#17: Pamper Yourself

Give yourself the experience you want to receive. i.e. massage, facial, float tank or go surfing!

Do whatever would relax you and recharge you, so you would feel revitalised and experience even more love for life.

A black and white photograph of a person from behind, looking out over a body of water towards a range of mountains. The person is wearing a dark jacket. The text is overlaid on the image in a large, white, sans-serif font.

**Self respect,
self worth and
self love, all
start with self.
Stop looking
outside of
yourself for
your value.**

ROB LIANO

#18: Do What Makes You Happy & Stay Playful

Do more of what make you happy and do it often. Set a time as a routine and ritual, daily or weekly, involve others or do it alone where you can be playful, laugh much and stay light-hearted.

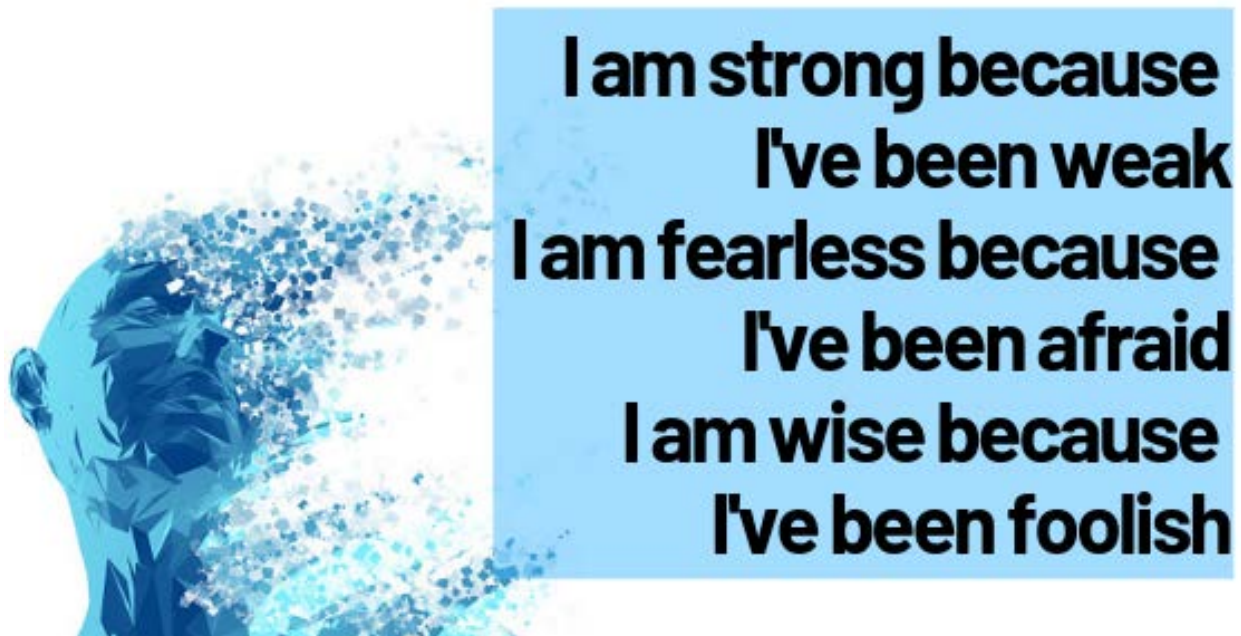
“Laughter is the language of the soul.”

Make sure you give yourself permission and make time to recharge yourself and find the reasons to laugh and connect with yourself and the world around you.

#19: Build Your Love List

How would you define and describe yourself in the positive light? What do you love about yourself? What others love and appreciate about you if you struggle to list all the reasons why you are loveable. Start with listing 30 things and keep building on the list daily or weekly. What you see and admire in others, YOU HAVE IT TOO. You just need to look for it and connect with the goodness you see in others live in you too.

This love list helps you to recharging your spirit whenever you experience any low or defeat in life; you are able to spring back to life swiftly. It takes practice and you will get good at it! The more goodness you see and feel in yourself, the more goodness you get to see in others, it's a sweet way to close the gaps that separate one another.



#20: Keep A Record Of Your Proud Moments

It's easy to criticize yourself and think that you are unworthy when you encounter any defeat but it's not a complete truth because you have triumphed in the past and have had winning moments. Therefore, build a list of any proud moment, big or small, list all the evidences and experiences that make you happy, joyful and proud.

Keep stacking up all the goodness so you can help yourself to remember your triumph moments when you need some encouragement and know you are awesome. This exercise certainly helps you to boost your self-worth as you recall all the proud moments.

#21: Expand Your Happy Circle

Surround yourself with the people who would appreciate you, encourage you and uplift you.

If you know your environment is toxic, do yourself a favour to move away from it because it is a form of self-punishment and you are the only person who can set yourself free. Would you believe there are other people who share your values and interests and looking forward to connect with you?

Imagine there's a safe place for you to be who you are, upholding a high standard for you to live up to simply because they can see the greatness in you and they are able to hold the space to help you and support you to uncover it. As you transform little by little in such empowering and supportive environment, you naturally just want to help others to do the same and as you help others to succeed; your happy circle expands so as your heart and mind expand.





**“LOVE IS THE GREAT
MIRACLE CURE.**

LOVING OURSELVES

**WORKS MIRACLES IN
OUR LIVES.”**

Louise Hay



**The key to
success is
to start
before you
are ready.**

You can repeat this exercise as often as you can until you are brimming over with self-love. Remember, you are worth more than you think about yourself and never let anyone belittle your essence or who you are.

At Be Nurtured, we understand how important it is to achieve your goals, strive for success and live a life on your term. The reason why we place so much emphasis on self-love is because we want you to build your life on a strong and unbreakable foundation and self-love is the only foundation can help you to endure and transcend any difficulties may throw on your way to success.

We are very passionate about assisting anyone who desires to embark on the most enriching and fulfilling journey.

No matter where you are and whatever you wish to achieve, either wellness, oneness, peace, joy, success or financial freedom or all of the above, they all start from where you are NOT from where you want to be.

We understand the journey may not be an easy one to start with but we can guarantee, it is the only journey thoroughly worthy of your focus.

To help you best navigate through your journey from transitions to transformations, simply because we believe there's greatness in you and everyone deserves to live a fulfilling and rich life on their term.

Having gone through multiply transformational journeys myself in the past 20 years with the assistances of countless books, live events, workshops, retreats, and incalculable personal sessions with mentors, healers and coaches. I know I cannot have the success, peace and joy in my life right now if I didn't first decide to go on this daring journey and seek support and help to guide me through the journeys in various areas of my life.

I always believe in having a strong coach to assist me to accelerate my growth and development, in the past my coaches have helped me to get myself out of the way, challenged me to dream bigger and held me accountable for following through what I said I would do. Because I know I can also get caught up and not seeing what I cannot see or letting myself off the hocks when I need to push through or step up.

It's time for you to shine!

Give yourself the permission to create a support system and do whatever it takes to be your own best healer, coach and friend.

Feel free to send us an email to flora@benurtured.ent.au to have chat about how we might be able to assist you. You can also visit our website at www.benurtured.net.au to learn more about our products and services.

"You don't have to change who you are, you have to become more of who you are."



ABOUT YOUR TRANSFORMATIONAL COACH

Flora Chiu is an inspirational author, coach, healer and conscious living chef whose compassion, wisdom, and extensive knowledge have all earned her the reputation as a service-centred visionary.

For over a decade, Flora has had the opportunity to study at some of the most prestigious hospitality institutions and obtained her master degree at Adelaide university. She established her own wellbeing cafe with soul-enhancing events in 2010 that served over 250,000 people.

During the past 20 years, Flora has also studied about healing, human behaviour, and psychology under the tutelage of various world-renowned masters, and leverages this valuable knowledge when assisting her clients in becoming their best versions.

To Flora, the power of self-care, compassion, continually empowering oneself, and finding ways to come back to the equanimous and balanced mind are infinite, and by leveraging each one, we are placed on a path to ultimate self-empowerment. And with her in-depth practice of vipassana meditation, she discovered the most powerful mind is the equanimous mind as well as the power behind self-love.

As an advocate of personal transformation, her ultimate mission is to help people not merely get by in life but thrive in all areas of life. Most importantly, she is dedicated to assisting her clients in removing all barriers that prevent them from living a fulfilling and rich life.



Michelangelo once said, "David was always there in the marble. I just took away from everything that was not David."

In other words: Greatness is in you; my job is to help you see it and live it.

Please visit our website www.benurtured.net.au to find out how our workshops and online courses can help you or alternatively, you can email flora at flora@benurtured.net.au to request and book in a 45 minutes complimentary discovery session to see how transformational coaching can help you to fast track your success.