

Reconquer Self-Love



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In a world where we are constantly rushing from one task to another, filled with responsibilities and problems, discussing self-esteem is essential. Knowing how to increase self-esteem and have self-love is extremely important in today's world. This way, we can face life in a lighter way, transforming our emotions into positivity, making us feel better, stronger, and happier.

Self-esteem and self-love go hand in hand, complementing each other. They are nothing more than our perception of ourselves, our emotions, and thoughts. How we view ourselves (preferably in a positive light, right?) directly affects our attitudes, how we see the world, and how we deal with people and situations, whether in our love life, professional life, or within our circle of family and friends.

Sometimes, it may be a source of confusion, shame, or considered egocentric by some, but self-love comes to rescue us from a foggy world and leads us into a world full of peace and color. So, let's demystify it and put it into practice...

What is self-love? Self-love vs. selfishness

One has nothing to do with the other. Sometimes, our culture or even our upbringing wrongly convinces us that we should always dedicate ourselves more to others than to ourselves, and that doing otherwise is not an altruistic way of living.

Of course, helping and caring for others is great; it shows strength of character and kindness. However, constantly thinking about others can be a form of self-sabotage that leaves no space for us to fulfill our mission of being happy and fulfilled.

So, understand this once and for all: selfishness is doing everything with a focus on yourself and your personal advantages, without considering others at any moment. On the other hand, self-love is taking care of oneself to reach one's potential, to be happy, and thus become the best person to help others, but without negating oneself.

And how can I increase my self-esteem?

Focusing on oneself is not always easy. We have countless tasks and things to think about constantly, and sometimes, our health and well-being can take a back seat. Some people may go through tough times and feel a bit lost about how they can achieve that unconditional self-love, even if they want to work on it.

The truth is that there is no shortcut or prefabricated answer, but rather a daily process - very, very rewarding! - of changing thoughts and attitudes, understanding oneself, and respecting oneself. Each person is different, and knowing your preferences, what makes you feel good, and what makes you feel better is the first step. Where do you like to go? Who are the people who make you laugh and motivate you? What hobbies make you feel light and happy? These are some of the questions to ask, reflect upon with care, and then put into practice in daily life.

Self-awareness is wonderful, and it's amazing what we can achieve when we realize what truly makes us happy and head in that direction... it's truly worth it!

Practical tips to improve self-esteem and self-love

1. Gain Awareness

The most important step of all, perhaps. People often live in a state of inertia, almost always on "autopilot." Routine and habits make us repeat the same behaviors over and over. There is an unconscious idea that "this is right," "this is safe," and that's why many people live in constant comfort with their lives, even if they are not fully happy.

Our proposal is: GET OUT OF AUTOPILOT. Reflect and take the time to look at yourself. Are you happy? Are the attitudes you're taking the right ones?

Learning to do this introspective exercise and understanding the cause and effect - what I do here affects me there - is essential. Start understanding yourself through self-knowledge.

2. Practice What Makes You Happy

Some people love going to the movies, to the beach, or reading a book. But they never do it due to issues related to time, money, or motivation. However, you NEED to find the time to do what you love. This will increase your serotonin levels (a hormone directly related to mood, sleep, and hunger; if it's low, it can lead to mood swings, insomnia, anxiety, or even depression), making you happier and more motivated to work on boosting your self-esteem.

3. Cut Out What's Bad for You

This could be related to food, addictions, or even people. Being around what doesn't make you feel good is self-sabotage, wouldn't you agree? It can be very difficult, but you haven't come into this world to destroy yourself, right? Shake off the dust and start, even if gradually, eliminating what's not good for you. This is also a way to love yourself.

4. Do What You Need to Do

How many times have you needed or wanted to do something but have overthought it and refrained from doing it for the sake of something, someone, or a situation? As mentioned in point 1, you need to understand your needs and follow them whenever possible. Make an effort and listen to your intuition; it will help you make the right decisions. Remember that what you NEED is not always what you WANT. Don't sabotage yourself; understand what's best for you and prepare to make that decision.

5. Practice Mantras and Positive Reinforcements

We've discussed mantras and positive reinforcement here on the Sky Map before. In the quest for self-love, repeating mantras can make you more confident and stronger. An exercise you can do is to repeat things you'd like to believe about yourself (e.g., "I am good, I am strong, I am happy, I am at peace"). This can be done daily, repeatedly, either upon waking up or in front of a mirror, looking at that beautiful face of yours. Repetition (and the mirror too!) helps your subconscious register and reprogram thoughts that may be self-sabotaging, thus increasing your self-esteem.

Another exercise is to look at yourself and make a list of your characteristics, whatever comes to mind, freely. Then evaluate the responses, separate them into positive and negative, and if there are more negatives... it's a sign that it's time to work on all these points here!

6. Take Care of Yourself as You Would Care for Others

Have you heard, "you're a plant with complicated emotions and feelings - get some sun, drink water, and if you can, go to therapy"? That's the truth. You must always take care of yourself because if you don't, you'll wither away, right? If you're someone who likes to do

things for others but not always for yourself, don't worry... find the time to prioritize yourself and reinforce your self-love because, in the end, you are the person who will "accompany" you for life.

7. Overcome the Past

Living in the past turns you into a museum, doesn't it? But some people insist on clinging to what was, what could have been, or the mistakes they made... We have news for you: the past is gone. It won't come back. Life is an eternal and daily transformation, and that's the beauty of it! If you've done something unpleasant, that's okay! Get over it; you have NEW OPPORTUNITIES every day. Don't waste time on what has already passed; focus on the present, and your future will be great.

8. Stop Comparing Yourself to Others and Value Yourself

No one is the same as another. Each person has had a different life story, education, access to education, or different opportunities. It makes no sense to compare apples to oranges. So, if someone has a car you'd like to have or a relationship you admire but don't necessarily have, all the more reason to reinforce your self-esteem! Understand your situation and who you are, and work to become your best version and get what you need, but at your own pace, not others'. Value yourself, and others will know your worth.

9. Accept and Forgive Yourself

This is crucial. Acceptance is different from complacency. Being complacent with a bad situation isn't pleasant, but accepting the situation, understanding it, and wanting to change it... that's constructive! Accept who you are, why you're where you are, and understand your parents' actions in the past and your current moment. Acceptance turns tense situations into just "things" that can be changed and worked on. Practicing forgiveness is not only good for

others but primarily for ourselves. Knowing that you've made mistakes and couldn't give your best at some point is fine. It's always a learning process for new opportunities, and everyone makes mistakes... we're human, and it happens all the time. Accept yourself, forgive yourself, and move forward in search of self-love and happiness.

10. Trust Yourself

Believe in your potential. Only you can transform your life, and that's great. No one knows your needs and what makes you happy better than you. Don't be afraid to make mistakes or be judged. As mentioned earlier, there's no right answer, but rather a path of self-awareness and self-confidence that you travel, overcoming obstacles, and learning. Go for it because you are capable of being happy and fulfilled!

11. Be Your Best Project

It may sound cliché, but... eat well, engage in physical activities, have a hobby, and surround yourself with good and positive people and things. Your body is your home, and just as you organize and decorate your home, you should do the same for yourself and your soul. Improving your habits is already an important step in boosting your self-esteem, as your body will react better, your skin, your mood... and your thoughts will become lighter!

Phew! Did you like this article? Always remember to appreciate and reward yourself for the small daily achievements - you deserve it! Whether you've achieved something significant or simply love yourself and want to reinforce that feeling every day, create a board or poster of the Sky Map with your birth date or a great victory you've had. It's a daily mantra to look at and appreciate who you are! In case you want suggestions for self-love quotes or self-esteem phrases, we have some on our Pins! Practice, and most importantly: **BE HAPPY!**