

Happiness, whether we like to believe it or not, aside from health, is probably the number one goal of every person on the planet. If you're happy, then your life becomes a joy, not a mundane day to day existence that leaves you wondering "what is life all about?"



BY JENNIFER ATKINS

Happiness, Self Love and Your Ideal Body

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The big question for most of us is how do we attain happiness and lead fulfilling lives that inspire us and others around us?

The reason most people 'go through the motions' is because in many ways society has created a monster that nobody can live up to. If you're single you should be married, if you're married you should have a child, if you have one child you should have two, if you're a stay-at-home mum you should be working, if you're a working mum you should be spending more time with your kids etc - you get the picture!

Living up to society's expectations is like playing a game you can't win. There will always be something missing. What really creates happiness in your life is being true to yourself. By being true to yourself you are seeking out your own journey, your own path to walk down and to create something that comes from within. It is from this place that you can lead a truly meaningful life that is in line with your own dreams and aspirations and not a life influenced by other people's opinions and expectations.

To enjoy true happiness you must have self-love and self-respect. Learning to love and respect yourself may be the greatest achievement you ever experience. Self-love is not "selfish" or bad. When you love and respect yourself, you will feel good about yourself, and you will feel better about the world.

If you are constantly struggling with your weight and find yourself frustrated and in a state of flux about this, just forget about the diet and exercise for a minute and have a look inside.....what's going on?

Do you like yourself? Most people don't like themselves, you know. I have many years of experience coaching people to achieve their goals, and I felt it was a major breakthrough when I simply discovered that most people really don't like themselves. Some of them know it, while others don't even have a clue that it is the root of many other problems in their life.

Self-rejection and even self-hatred are the root causes especially when it comes to those who are struggling with weight loss. So how can you nurture that love within?

Here are some tips:

Sometimes it can be hard to find things we like or love about ourselves. So ask other people to tell you all the things they like about you. Ask a friend, a lover, a family member. This isn't a replacement for your own love; it's a first step in learning to love yourself. You may need to hear the things other people like about you before you can value them in yourself.

Try to think of something that you like about yourself, or something that you did today that made you or someone else feel good, no matter how small it may seem. Give yourself the kind of warm praise that you would a friend or a child.

Forgive yourself. The only way to stop hating is to start forgiving. Forgive your mistakes. Forgive the choices you've



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made. Forgive those who have hurt you and whom you have hurt. Let go and allow the grace of forgiveness to heal the wounds within.

Get rid of those bummer words. Words that bring you down, thoughts that make you feel depressed and miserable. In its place, decide what positive words you can use in your conversations, when you talk and think about yourself and others and when you talk about the world.

Learn something new. Every time we learn something new, we become something new. Stop saying "I can't do this and I can't do that." Just do it. Say "I can."

Celebrate your triumphs and little successes. Take the time to celebrate you. Pamper yourself with words. Tell yourself, I am proud of you for..... - state clearly what you have done. For instance, I am proud of you for going for a walk. Look at yourself in the mirror and affirm yourself.

Loving yourself means taking care of you. When you do this you will be surprised at how easy it is to do those things that you may have been struggling with. Choosing healthy foods that nourish your body and feeling motivated to exercise will be the obvious choices for you. Love yourself and your body will follow. ☺