



## 8. LOVE YOURSELF

Truly loving yourself is never a “selfish” thing to do.

In fact, it is impossible to love others without first loving and accepting YOURSELF.

Take a moment to become aware of how you speak, treat, and feel about yourself in general.

Do you blame yourself for things you didn't have much control over?

Are you often hard on yourself and have unreasonable expectations?

Remember, there's only ONE of YOU in the whole wide world/the universe!

So please be kinder and more accepting toward yourself, and speak with yourself as you would with someone you love unconditionally.



[Ask Your Soul Message Cards \(Small Version\)](#)

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