



SELF-LOVE FIRST AID KIT

E-book for Inner Appreciation

Lucie Harnosova





Welcome in the Self-Love First Aid Kit

You're on the path of self-love, but sometimes there are moments when it's not as easy flowing as you imagined it to be? Maybe the others don't always act the way you need them to, and then the uncertainty hits you. But our own unconscious patterns and beliefs can ambush us, too. That little voice in our head that automatically comments on everything without us consciously registering it, can often throw us off the course.

You're not good enough. You can't. You didn't work hard enough. It's too difficult for you. That was your failure. All these sentences are not objective truths, though they may appear to be. This is a manifestation of **an inner saboteur** who is lurking deep within us. And precisely because he dwells in our subconsciousness, he's good at camouflage and can be damn convincing.



These negative commentators tend to question our abilities and qualities and, above all, to diminish our true self-worth. Internal saboteurs revel in dramas, obstruct us, and hinder our development.

And it is precisely for these situations that I prepared this **Self-Love First Aid Kit**. It'll help you get back together at times when you're feeling weakened, when your inside critic is attacking you, and when you feel like crying or fuming or burying yourself in the ground.

Internal saboteurs can dig under our skin. However, you can **deal with them actively**. You have the opportunity to **position yourself as a creator** at any point in your life and say NO to the negative thoughts.

This e-book will help you to be firmer and more certain about it. You'll find a few simple techniques in it and once you master them and consciously use them, trust me, they'll make you stronger. And the time when you will no longer sink into the abyss even in your weakest moments, but will maintain your inner peace, that time will come.

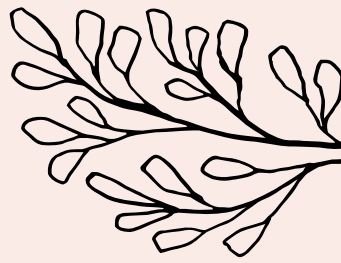


I will teach you practices that will help you transform fears and doubts into wisdom and insight. When you do, you will see that you will feel stronger and fully understand that **you yourself are the creator of your own life.**

Your life is a wonderful masterpiece that you influence at any moment. You can be built in it consciously, stand in your strength and shine. Rebuild your trust in life and rejoice. I'm rooting for you to thrive.

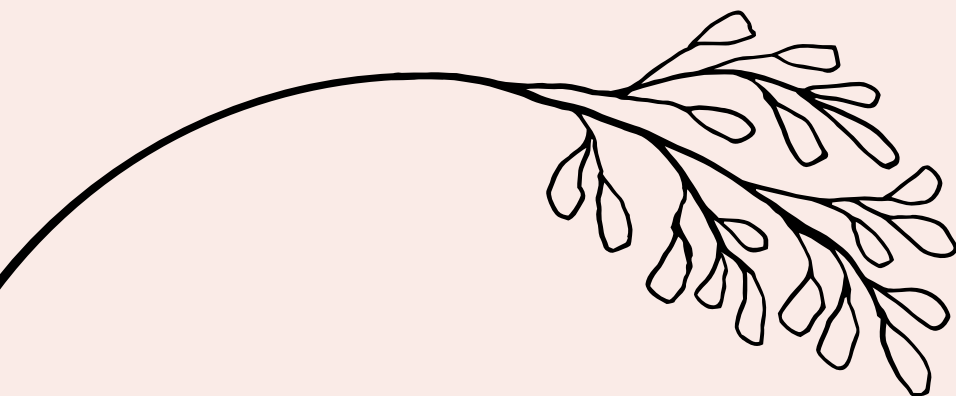
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CONTENT:

- 6 I Love Myself Just the Way I Am
- 8 It is allowed to Make Mistakes
- 9 Transforming Negative Thoughts
- 11 A New Look at the Physical Beauty
- 12 Affirmations for Coping with Challenging Situations
- 16 Step Forward in the Embrace of Self-Love





I Love Myself Just the Way I Am

A number of self-appreciating practices lead to full acceptance of oneself. They help us overcome the inner critics and saboteurs who are making our efforts for more self-development difficult. The most effective ones include **positive affirmations**, or **self-love sentences**. They're also great first-aiders at weak moments. You can think of them in emotionally charged moments and draw your support from them.

The very most important self-appreciating line you can use whenever you start to doubt yourself a little or blame yourself for something is:
"I love myself just the way I am!"



The beauty of it is that it reflects full self-acceptance. It contains **kindness to ourselves**, our faults and strengths, our bright as well as shadowy aspects. If you repeat this line to yourself really very often, it will help you build kindness.

The next time you're too critical, or skeptical, or over-judging to yourself, try to stop the merry-go-round of criticism and unpleasant feelings. Stop the developing story. Pamper yourself, address yourself by your name and tell yourself that it is all right. That it's okay that you haven't been kind to yourself for a while. You realize you have the right to both error and failure, and you say it out loud: *"I love myself just the way I am."*

Return to this technique **whenever you hear your inner critical voice**. Whenever you have a tendency to go against yourself. Whenever you think you're not smart enough, pretty enough, good enough.



“
Look yourself into your eyes, kindly.
Accept yourself as an original that
provides the world with a charming
uniqueness.
”

It Is Allowed to Make Mistakes



What if I told you **that mistakes don't really exist** and that you can't really fail? Make a gaffe, be wrong, be rejected, criticized and imperfect, getting it wrong and wrong – it's all human. In fact, the art of working correctly with error and being able to bear setbacks is a fundamental prerequisite for becoming stronger. So we're not afraid to step out of the comfort zone anymore, **try new things** and **learn this way**.

It is in the attitude towards your own mistakes where you can apply kindness to yourself in practice. It's all just experience, and it's up to you how you go about it. If you can consciously accept your failures, learn from them, thank yourself for them, forgive yourself, and then dismiss them, or be tormented by them. For every mistake and failure has been an important step in your journey. Isn't such an attitude actually a big relief that **allows you to grow** up and become wiser?

Action Step:

Write down what you feel love you've failed and it's bothering you. What mistakes do you blame yourself for? Repeat the phrase every morning and every evening: "I have a right to make mistakes." You'll see that after a few days, fears of failure start to fade.



Transforming Negative Thoughts

Your mind can be your best friend or a ruthless critic. The way we have an internal dialogue with ourselves – whether we are accompanied by a kindly encouraging voice, or a ruthless judge, mostly stems from childhood. The good news, though, is that it's doable. If you learn to **capture your negative thoughts**, you can **transform** them and learn to **treat yourself more kindly**.

It just takes time and **patience**. The longer you've lived in certain patterns, the more time it will take you to adopt a new model of approaching yourself. So be kind to yourself even when you find yourself inadvertently returning to your old habits. And above all, persevere!

One of the important principles you should adopt is to **stop comparing yourself** to others. This habit, which usually grows with us since our early childhood, can lead to dissatisfaction and a lack of self-esteem. But in reality, none of us are perfect. That means that everyone is feeling a deficiency in something. And if there's one thing you envy another woman, be sure she misses one of the gifts that you can be proud of.



Next time you catch yourself comparing you to someone, stop your thoughts, breathe, and embrace gently. Think of the self-appreciating line *"I love myself just the way I am."* Think about **what you can do for your satisfaction right now**. Remind yourself of your gifts and realize why you're comparing yourself. Aren't you tired, irritated and dissatisfied? An inner critic often wakes up in moments when we experience a certain discomfort. How can you make yourself feel better?

Action Step:

List the areas in which you most often tend to compare yourself to your surroundings. Why? Jealous or envious feelings often point to our undeveloped gifts and the potential that we do not live, that we have suppressed within ourselves, and that we perhaps even fear. That's why it's easy for us to spot it in others and either condemn them or worse – ourselves.

“
We can confront obstacles if we recognize our value and start to build (or just take back) our self-esteem on its foundations.
”



A New Look at Physical Beauty

Maybe it's when you look at yourself in the mirror that you don't love something about your appearance. That your nose, skin, tummy or thighs, for example, don't look pretty enough. But why follow mainstream images of beauty, produced by the media according to the interests of merchants, not real people? I'll advise you on a method inspired by the Sofia Sundari workshop that will help you **see your own look in a new light**.

The next time you look in the mirror, try to see the beauty in the features you didn't previously accept. Focus on specific parts of your face, like your nose or the color of your eyes that you're not happy with, and repeat to yourself: *"What if this is the beauty?"* In this way, you can overcome the exaggerated demands of what you should look like and **discover beauty where you may not have noticed it before**.



Affirmations for Coping with Challenging Situations

Supportive sentences are one of the most effective **tools to strengthen our inner strength**. They will help you in normal and emotionally demanding situations. If you keep repeating them to yourself regularly and persistently, they'll **write themselves into you** and maybe even become a part of you.

I consider the aforementioned affirmation "*I love myself just the way I am*" to be the most important one of these – it should be your daily mantra. Use this sentence as a tool to stop internal criticism and whenever you need to strengthen your self-esteem. It reminds you that you have a right to error and failure, and it gives you the kindness and compassion for yourself back.

I've selected **some powerful affirmations for you** for your self-love. Feel free to create your own, though. Choose the 3 that most resonate with you, and repeat them several times a day before they get into your blood. You can print them out or write them down and place them in visible places, like a diary or a fridge, so you can easily go back to them and keep an eye on them.



When you call the affirmations, **use them sincerely** and **feel their power**. Try to tune into the emotion they carry. The regular repetition of these loving sentences will give you inner support and empower you in challenging situations. Affirmations restore the sense of security and inner stability in us – and that's exactly what we need most in emo-tionally exacerbated moments.



SUPPORTING SENTENCES FOR EVERY DAY:



Every day I do the best I can.



Only the best is good for me.



I'm here for a reason.



My life has a profound purpose.



I'm fine.



I accept myself for who I am.



Today I take responsibility for what I do and say.



I love myself just the way I am.

SUPPORTING SENTENCES FOR COPING WITH A CHALLENGING SITUATION:



I don't have to hurry, I'll calm down.



Feelings will dissipate sooner or later.



It's okay to feel fear, sadness, anger, ...



Now's my chance to learn.



This shall pass, too.



It's just a moment.



I've handled situations like this before, I can handle this one.



I'm okay the way I am and with everything I feel.



I'm safe.



So what?



This situation will not last forever.



My feelings are like a wave that appears and disappears.



Step Forward in the Embrace of Self-Love

So, did the self-love practices in this e-book inspire you? Use them as **first aid in any weak moments** when things with your self-love look stodgy. We all have challenging moments here and there. However, not everyone is able to comfort and soothe themselves. Some people remain dependent on emotional support from the outside.

Persistent self-love practice makes you **more mature and stronger**. You'll learn to pamper this distraught inner child in your arms, hug her and provide her exactly with the care she needs. You'll no longer have to wait for comfort coming from the outside, because you'll find it in yourself.

And that's very important for self-love. By liking ourselves, taking care of ourselves, being kind to ourselves, **we create the capacity for compassion and support inside ourselves**. As a result, we also manage challenging emotions better and can hold or anchor ourselves even in difficult moments. In result we go through challenging situations more and more easily and gently, and they don't touch us as much anymore.

I wish you to become your own queen more and more. Solid, strong, courageous, and joyful. Find your inner power and live out your best potential.

About the Author:

Lucie Harnos is a leading Czech mentor of women focused on self-love and female entrepreneurship. She founded the **Alchemy of Women** project, where over 100,000 women took their courses in the course of last seven years. She wrote the bestseller *Diary of Mom and Daughter* and the book *Alchemy of Self-Love*.

Through her online courses, she helps women find their calling, launch profitable online businesses, and awaken their female energy and self-love.

"I am thrilled to be helping thousands of women tell their truth, stand in their strength, fulfill their wishes, create the life of their dreams and live in freedom."



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May these practices and tips benefit you as much as possible.

Has it inspired you and would you like to connect with me personally?

I would appreciate **your feedback**. If you are interested in any form of **self-love mentoring**, mindset work, energy work, or **business mentoring** with a focus on online courses and campaign strategies, please email me at info@lucieharnosova.com.

I look forward to hearing from you.

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