



TO ME - FROM ME, Happy Valentines, Girl!

What better time than now to show a little love! Too bad it's just once a year... or, could it be more often?

Well, maybe it should be and this could be a practice run at what it might feel like in greater frequency and abundance.

Meanwhile, we could begin by asking “Why am I so special anyway?”

Typically we are all unique, after all, even I know deep down there's no one quite like me, at least that I've met so far, and until that happens, I'm the one. Perhaps I don't give the matter enough thought because I'm so busy comparing myself to others that I don't see the real me...

I've got my 'issues' and oddities and who hasn't?

Although I tend to focus on my own faults – which often aren't the easiest to love! You might do the same to some extent.

So here's a suggestion:

Perhaps this Valentines, you should take yourself out on a private 'date', to look a bit deeper to see if there's not more of you, well, to love....

Everyone is worthy of love. That little person in each of us already knows that, and would like us to believe that, too ... And in fact, that little person really does deserve it – no matter what! No one can be all bad!

You see there's a difference between being bad and feeling bad; and I think we sometimes get the two confused by believing that if we *feel* bad – we must *be* bad. Not True! Make a note of that would you, and put it on your mirror to see every day. It's far too easy and hurtful to make the wrong assumption, especially if we're sensitive.

Feeling bad is very normal and human and can be taken much too seriously.

So, what better time to be reminded of that than this Valentine month. In fact rather than being celebrated for one day, I propose it be extended the whole month because most of us could use a lot more of it, don't you think? Self care is in such shortage.

There are two kinds of love. The one we get from others and the one we give to ourselves. And frankly I believe we could all benefit from a lot more of each which is another reason the celebration should be longer perhaps half a month, for each.

As you know, being loved is so much different than loving oneself. It seems more special, and yet, is it really? Lets look at it for a moment.

There are often a lot of conditions attached; so I wonder if that love is really the better one in the long run. Wouldn't it be a lot easier to set and meet our own standards for self-love than to turn over that major responsibility to someone else? I know easier said than done. And that seems to be one of our harder life lessons.

So why is that? I'm sure many a fish has often asked the same question, after it's too late. Not everything is always what it appears. But we're not fish. We have the opportunity of time and experience to learn that lesson which is never too late if we're willing to work lovingly and creatively to change it.

You see it's never too late to start to love yourself. You deserve it and those around you do, too. So here's the point: why not this Valentine's month – opps, I mean day, be generous by giving yourself the gift of love: "To me – from me."

Why not start by taking a genuine loving interest in yourself and choosing one or more of the things you like most about yourself – to begin to really love about yourself. And while you're at it, develop and expand those wonderful qualities of yours to keep the love going and growing. After all, it's worth it and more importantly you're worth it. Remember that. And what better time and place to start than right now?

Start by giving yourself the gift of your own undivided attention. Take an interest in the lovable person you are, and the more lovable person you can become, with your own love to honor and to hold on to in both good times and bad.

Start with a plan you can follow one step at a time. After all it's you we're talking about, and you should be the one in charge of setting your own short term goals. Begin simply.

Start off by choosing easy and natural characteristics, maybe your kindness and caring. There's no need to jump over tall buildings in a single leap! Walk around the building first – then a few times and feel good about that! One small step at a time. Loving yourself should be fun. And be sure to reward yourself. We don't do enough of that and that's a mistake because the whole point of this 'gift' is to give yourself the love you deserve. So be gentle and constant. You can never and I said never, give yourself too much love, because most of us weren't given enough of it in the first place!

SO lather it on, and like any great romance keep it between you and yourself before making any plans for the grand announcement and believe me, you won't have to announce it, because the change in you will do it for you, with gusto!

And I think you'll find that this will be a special gift that will keep on giving to both yourself and to those around you for a very long time to come. It could be the beginning of a very special love affair!

SO this year, why not make Valentine's – in the midst of a pandemic the best Valentine's gift of love you ever received from yourself!

**From me – to you!
With love,**

Happy Valentines.



