4. Self-love

THE BRAIN IS ALWAYS TRYING TO DECIDE: AM I GOOD ENOUGH?

IT TRIES TO ANSWER THAT QUESTION BY COMPARING

OR BEING LIKED BY OTHERS

NEITHER OF THESE WORKS BECAUSE:

YOUR VALUE NEVER CHANGES. YOU DIDN'T MAKE YOU.

WHAT SOMEONE LIKES DOESN'T HAVE TO DO WITH YOU

WHAT DOES WORK:

LIKE YOURSELF

SPEAK KINDLY TO YOURSELF

You don't have to like me. That's my job.