

“As my **understanding of the self** grows, my **love for others**, as well as **myself** has also blossomed.” E, 2018

Reflection

Take a moment to look at yourself in the mirror. Remember no one is born with deep self-love—it must be nurtured. Say “I love you” as if you were saying it to the person you love most. Now say it again, addressing it to you, and only you. Know that nourishing your relationship with yourself also strengthens your bonds with others. You deserve to love yourself and to share that love with others.



Art by Howard A.

Questions

What is a strength of yours that you were surprised to discover?

What is something you've learned about yourself that you want to share with others? Why?

Reflect on a time when you showed yourself love. How did you feel?