

Love heals all wounds. Whatever difficulty you're facing, know that self-love is the answer. When you love yourself unconditionally, you're kind to yourself in times of struggle, and your kindness makes it easier for you to overcome your struggle. When you practice self-love, you're supportive of yourself in times of difficulty, and your encouragement carries you through your difficulty. When you love yourself, you offer gentle comfort in times of suffering or loss, and your comfort makes your grief easier to bear.

In the absence of self-love, your challenges are made more difficult through self-criticism. Without self-love, your grief and suffering are made worse through self-abuse. Without love, your fear is compounded by more fear.

If you cannot maintain a feeling of self-love, reach first for a feeling of self-acceptance. Accept who you are, as you are. In times of challenge, accept that you'll fall short of your ideal. Accept that you're doing your best, and let that be enough. When you cannot maintain a feeling of self-acceptance, reach for kindness. Pretend for a moment that you're a dear friend in need of kindness. Allow your heart to open to yourself. In this way, you become a friend to yourself.

Today, promise yourself that you'll try to be a good friend, to practice kindness and self-acceptance. Choose to speak lovingly to yourself, whatever challenges you're facing. Place your hand upon your heart and say,

"I will be kind to myself today."