

Love has to be shared so as to grow. For me to share this love then I must first have it within me.

You cannot share something with others if you do not have it.

I love myself because I am me, a special person who deserves all the love that comes my way. I appreciate myself because this is when I will know how to appreciate other people around me.

I am me because God carefully and wonderfully created me. There is no other me apart from me. There was no other me before me and there will be no other me after me. I therefore realise that I am me and I have to love me because there is only one me in this world.

Love comes from within me. When love is full in me then it overflows outwards so as to touch others. The love that I show others is the overflow from within me.

The way I love myself and appreciate myself gives me the confidence to walk proud knowing that I am loved by me. My relationship with me sets the standards for my relationships with other people. The way I treat myself is the way I expect to be treated by others. The way I love myself is how I expect to be loved by those people around me.

To love me is to know me. I have to know myself first so as to be able to accept myself the way I am. I have to study myself, my background, my expectations, my looks, my weaknesses and accept them all because these are what make me to be me.

My background stems from my family. My mother, father, brothers and sisters are all a part of me. The love I have in me was taught to me by my family. The love they have

showed upon me teaches me that love is beautiful. I accept my background and this is into my thinking ground.

I accept my looks because this is what identifies me. There is no one else who looks exactly like me apart from me. My physical make up may be similar to that of my siblings but no one is exactly me. I am a unique human being with personal expectations in life, personal view of life which are not as similar as expectations and views of other people.

I have to accept myself weak and all. When I accept my weaknesses and not make a big deal of them, then others will also accept me the way I am. I am not ashamed of myself so others will not be ashamed of me.

I am a special person in my eyes and in the eyes of God. God is love therefore love is in me. The love I have I share with others.

Love begins with me!