



## SELF-LOVE - THE BEST LOVE

### Welcome to the first issue of OPA 2022!

The Self is the most important person in your life but unfortunately the most neglected person. Once you realise the importance of self, you will start to lead a well-defined, successful and happy life. When you have self-love both your external and internal self will function in coordination to achieve a progressive self.

### Key characteristics of a person with self-love:

- Believe in promising progressive changes
- Define your wants and practice pragmatism
- Fair and logical comparison with others
- Set effective boundaries and protect from abuses
- Discipline and prioritising self for better achievements
- Forming and affirming self-improvement strategies
- Listen to the messages of body, mind and soul to maintain wellness
- Trust, care and being nice to self and avoid harm to self
- Accept mistakes and learn from them for self-growth
- Create authentic self-opinion & do not sway away with others opinion
- Give importance to your whole; you are not just how the body look
- Have the courage to disconnect from toxic people
- Make decisions and prioritise self in a logical manner
- Overcome fears and develop a healthy ego
- Make use of every opportunity the universe provides
- Feel and navigate all emotions by exercising emotional intelligence
- Master life intelligence to create life success
- Learn to manage all spheres of life confidently
- Constantly work on self-confidence, self-esteem and self-motivation
- Practice independence in everything you say and do
- Take ownership and accountability for your decisions and actions.



### KEY WORDS EXPLAINED:

#### Self-love:

It is the love you have for yourself to become the best version of yourself.

#### Internal Self:

The unconscious self you created within you by using the beliefs, conditionings and affirmations.

#### External Self:

It is your conscious self where you plan design and execute actions consciously.

YOU ARE  
ENOUGH



*OPA is a Psychology Digest that provides information on life and mind management. Its aim is to clarify your doubts on mental health and life wellbeing matters in a clear and concise manner. We wish you an astute reading. We welcome valuable feedbacks from our readers.*

*To read the previous issues of OPA please visit her blog at [www.drsusankoruthu.com](http://www.drsusankoruthu.com)*