

Loving yourself in the now

In life we go through many challenging times which can often leave us feeling a little low in confidence. What happens in our past can really shape our future and many people spend their whole lives thinking about how things used to be.

The trouble with constantly thinking about the past is that you forget about the present. You are so lost in what used to be, that you don't realize what could be. Perhaps you wish you could go back a few years and be the person you used to be? Things can seem so much easier and better when you look back, but what about the now? What about who you are today? If you do not love yourself in the present then you are basically just wasting your life away.

How to Love Yourself in the Now

Even if you feel really terrible about whom you are today, it is likely that you are actually a nicer person than you give yourself credit for. Many people who have been through a struggle end up feeling worn out and depressed. They wish they could turn back the clock, change things and feel how they used to feel. However, what they do not understand is that it is the struggles which make us stronger.

Take a look at yourself today and think about all the hardships you have had to overcome. Aren't you a stronger person now? Didn't you think in the past that you could never get through what you've now got through? Often we forget the struggles we have overcome and we mistakenly think that we are weak. So when you actually think back to what you have overcome, you soon start to realize that you are a lot stronger than you thought.

Overall by realizing what you have been through and by seeing how strong you actually are, it will help you to love yourself in the now. Forget about what could be and forget about what has been - who are you now? If you aren't who you want to be, then change. We have the power to change our lives – it is taking the courage to say I am who I am and I love myself that will really help you to move on with your life and be happy and content.