

Creating A Self Love Tank

Imagine for a moment that you were going on a road trip. What's one of the first things you do to make sure you get there? You fill your car up with petrol - with enough fuel for the trip. If it's a really long trip you also stop along the way and re-fuel don't you?

Now imagine that your heart is like an internal tank you have to keep you going. Is this something you add to with nurturing, loving thoughts each day or do you neglect your inner tank, running close to empty all the time?

You can only be the best you can be if you continually re-fuel your inner tank, something I like to refer to as your 'self love tank'

The Self Love Tank exercise is something I love to share with anyone who need some self love

Get yourself a piece of paper that's a reasonable size. Draw a shape on it to represent your inner tank. A heart is obvious, but the shape can be anything you like. At the end of each day think back over the things that you did to nurture yourself during the day and then write them down, starting at the bottom of the tank. You could create a new one each day or weekly - depends on what works for you

As you start to be more aware of how much fuel (in the form of self nurturing, self loving acts) you are adding to your inner tank you'll begin to see opportunities to add more fuel

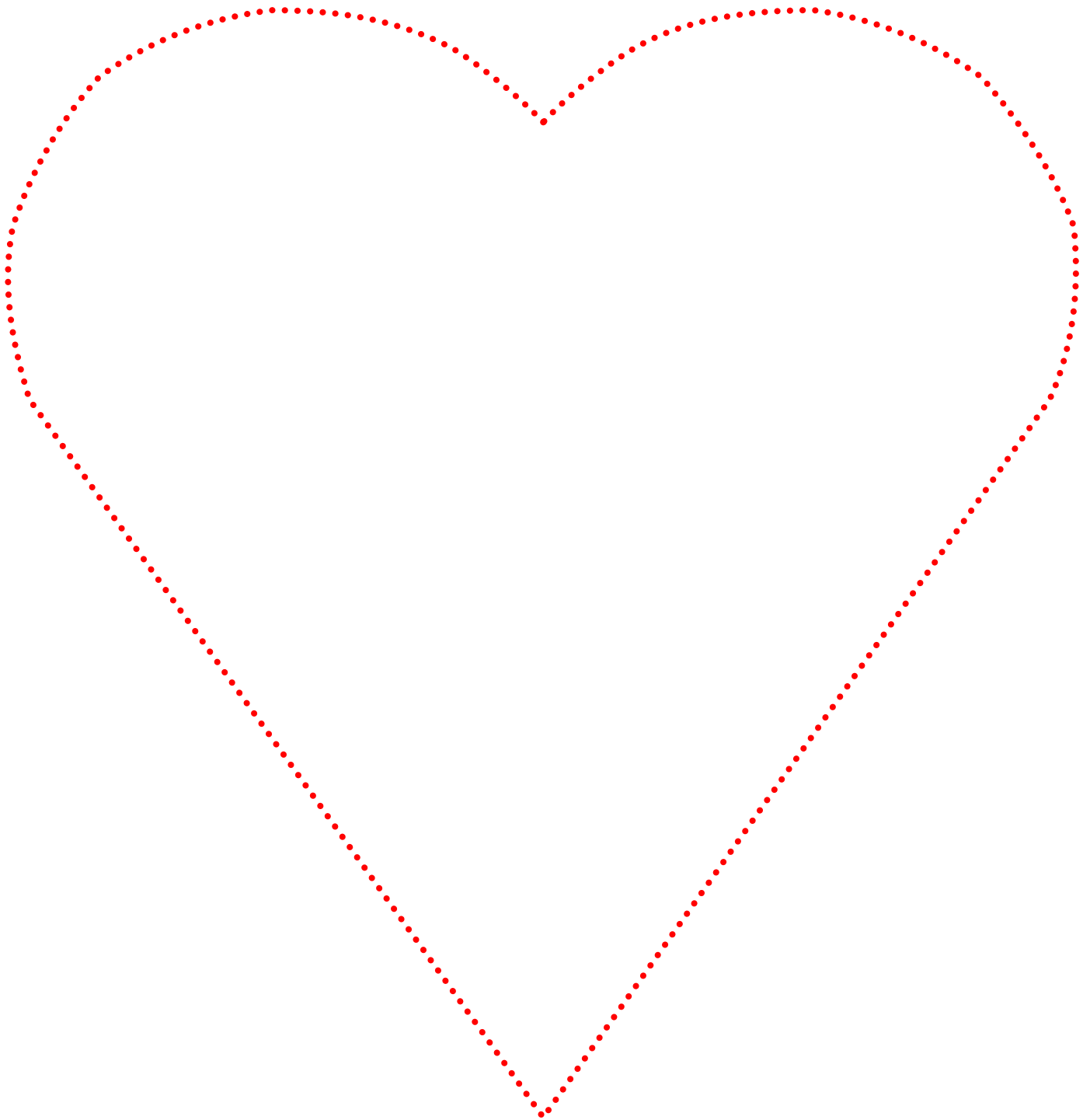
Before you know it, it will be natural for you to run on a much fuller tank than you usually do and you will notice a big difference in your life

There's a sample Self Love Tank on the next page if you'd like to print one out!

*"You, yourself, as much as
anybody in the entire universe,
deserve your love and affection"*
~ Buddha



My Self Love Jank



My Self Love Insights;

Date

