



INVITING LOVE

Into Your Life

Inviting Love Into Your Life

There may be times in your life when you just want to be on your own for a while. However, when you return to wanting to be in love again, ***it's important to be in the proper frame of mind to do so.***

Consider these suggestions to ready yourself for love:

1. **Let go of old resentments and hurts.** You can only be accepting of the warm feelings love brings if you've done away with simmering resentments and aching hurts. Otherwise, they'll keep bubbling up to the surface and "boil away" other positive and health feelings.
2. **Open yourself up to new people.** If you tend to hang out only with people you already know, now is the time for a change. To invite love in, you've got to open the door. ***When you psychologically open up to new people, you open yourself up to love.***
3. **Cultivate a positive body image.** When you feel good about how you look and feel physically, you'll behave more openly toward others. Those feelings of self-assurance will encourage the flow of abundance and love.
4. **Love yourself.** Loving yourself makes you a more lovable person. If you expect others to love you, you must first do so yourself. Dig deep to find all the things you love about yourself.
 - Traits you like might include your smooth skin, your caring nature, your willingness to help others, or your incredible resolve to improve yourself each day. ***Find your unique qualities.***
5. **Know your worth.** When you discover everything you love about yourself, you'll become more aware of your value as a human being. When you truly accept your own value, love will find you.
6. **Cultivate a peaceful existence. *Living a life of serenity and peace will draw people to you.*** When your days are free from drama and emotional chaos, you demonstrate that you can handle whatever life sends your way. Seek out activities and strategies to help you maintain calm.
 - It could be yoga, meditation, visualization, positive affirmations, or other serenity practice.

You have the power to welcome love back into your life. When you let go of old hurts, open up to new people, and know your own worth, you'll be ready and willing to truly enjoy a new relationship.

Take the leap and invite love in!