

Today's Quick Tip

Loving yourself is a tough thing to do. Today we're going to work on doing just that. Why? Cuz **we can't love others like Christ does unless we love ourselves like Christ does.**

Ready to give this a go?

You'll have to practice this because, kinda like learning to ride a bike, you've gotta practice before you'll be able to ride (love) without falling (too much). Here we go...

1. **Overcome negative thoughts and beliefs about yourself.** Replace these thoughts and beliefs with some of what we learned today. Go back to some of our earlier posts to learn more about your identity in Christ. Hang with us for the next couple of days and you'll learn even more. You want to replace negative thoughts and beliefs with the thoughts and beliefs that God has for you. Ask yourself what God thinks of you and then think just like He does.
2. **Avoid Perfectionism** - we aren't God so we're bound to make mistakes. Let yourself. Give yourself goals and then write down what it will take to reach those goals. Spend your time focusing on the tasks that lead to the goals and not the goal itself. When you make mistakes with these tasks (or anything), ask yourself what can be learned from the situation. Course correct. Dust yourself off. Remind yourself of who God says you are. Keep going.
3. **Change Your Focus** - If you're one who always thinks about the negatives, you need to get a new thing to focus on. You need a new Instagram filter for your thoughts. Start focusing on the positive in every situation. Yes, I just said every situation. When we focus on something it takes over everything like a clingy ex-boyfriend or girlfriend. Just like you wanted to get rid of them you need to get rid of negative thinking. Go find that positive and then cling to it in a good healthy way. I promise it'll change the way you feel about yourself.
4. **Never Call Yourself Names** (*unless there one's God calls you*) - You are a child of God. Period. When we call ourselves names, say we're a failure, worthless, no good, etc. we're saying that the perfect you that God created is those things. That's just not true! You may have done something wrong or made a mistake but it doesn't make you those things. If you make a mistake, own up to it but don't become it. Instead say "yes, I made (fill in the blank) mistake. Forgive me. I'm still a talented, creative, smart...child of God" Yes, forgive yourself and yes, talk to yourself. You don't have to tell anyone I told you to do those things.

Truth: Love yourself in the same way that God loves you.