

All you need is love

„Love yourself – accept yourself – forgive yourself – and be good to yourself because without you the rest of us are without a source of many wonderful things. “ This is a quote by Leo F. Buscaglia, an American author and motivational speaker. „You mean I am a source of wonderful things?“ you ask. Actually, you are. Leo has it right.

There are many reasons why you should love yourself. One of them is that it doesn't affect just you, but also the people around you. Surprised? These people really care and want to help you to find something you like about yourself, which is an ability everyone should manage, in my opinion. It is very important to appreciate yourself for who you are and the way you are. So, here's my challenge for you today: Take a Picture of your face and remember that in 10 years time you will be amazed how gorgeous you were. Be amazed now. You are lovely; you are strong, beautiful and smart. You are you and no one will ever be the same, so enjoy it!

I think the skill everyone – including you – should manage is to love yourself because every human is different, original and irreplaceable, and should be cherished by others, but first himself. So go, find a mirror, look at yourself and tell yourself that you are amazing because you deserve it.

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