



the
WISDOM
podcast

with dorothy ratusny





In this debut episode of the WISDOM PODCAST, I share the three practices of self love that will teach you how to have greater confidence, appreciation and love of yourself – and to feel autonomous and empowered in what thoughts and feelings you choose to hold.

Our rearing has taught us to look to others for approval, and to feel loved – valuable and worthy. We also look to our existing love relationship to feel complete; to validate that we are desirable and good enough, and for our partner to love us in the (familiar) ways that we have been shown and accustomed to. Yet how good are we at practising self love? Consider first answering these questions: Do you look for others to love you? Are you able to love yourself first?

Join me as we uncover the new and innovate thought paradigms for practising self love as a daily habit and as a way of living your life. Discover how to make these three self love practices a regular part of your life – to live curating love from within and knowing how to give this to yourself most readily. Namaste! xo



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WISDOM *podcast*



30 PRACTICES
of SELF
LOVE ✨

#3 Challenge yourself to grow

The third self love practice is to challenge yourself to grow; to have new experiences, to try new things, to encourage yourself to do things that are outside of your comfort zone. What is most important is not whether you succeed at first – or even at all, but rather that you have the willingness to take action; to do what you have always thought about – to have new experiences rather than wish that you had done so. Challenging yourself with the opportunity to grow builds greater confidence and esteem; and teaches you how to be your biggest supporter – to apply your positive and loving self talk – to encourage, nurture, and grow beyond your comfort zone. This is how you learn; how you transform yourself; how you realize that you have the ability and potential for so much more. This helps you to discover that you are capable, and that you are able to be successful in different ways than what you originally thought possible.



#2 Kind action directed within

The second self love practice is kind action directed within. We may find it easier to care for our loved ones with kind gestures and actions than to direct kindness within. First, consider what your needs are. Take care of your basic needs; and be sure that you are taking action to do something that you enjoy each day. Ideally you are building on this so that your days become filled with many things that you enjoy and have chosen. What do you look forward to; what practices in your life allow you to feel good about yourself and the choices that you make? We don't need to wait on others to do things for us – we can practice kindness and love in action directed towards our self in order to feel happy, to be nurtured – and to feel worthy and deserving of the love that you direct inward. Begin with this simple question: Ask yourself (and ask this often): What do I need in this moment?

When you are able to take care of your needs and as you need to, you are not reliant or dependent on others for this. The better you are at identifying and then providing for yourself what your needs are, the happier, more nourished and cared for you become. In this self love practice you learn to longer rely on others to take care of you. Others may do much to care for us, but it's important that we rely on our self first and foremost for what we need in any given moment.

#1 Write a self kindness log/journal

3 PRACTICES of SELF LOVE

Practical Wisdom for Love : A Self-Love LOVERx

Write words of kindness, appreciation and love about and of yourself. (You can make this a daily 5 min written practice perhaps as a way to begin each day – and it can also become what you learn to do in your mind quietly and intentionally throughout the day.)

When you begin to think of and write words that depict best what it means to approve of and like yourself, and then to begin thinking of yourself in this kind and positive way deliberately; you feel the effects of these positive statements as confidence and esteem growing from within. How you think about and feel towards yourself begins to change as you consciously look for and as you remind yourself of your goodness, of your positive qualities and in the effort that you are making to be your best self.

We all appreciate hearing kind and loving words – especially from those we care about most; but perhaps you have waited for or even expected others to be loving in order for you to feel better about yourself. This strategy allows you to experience the benefit of owning the positive and loving words that you use directed inward.

Let your journal writing and the words that you say inside your mind be (the) messages of love that you adorn yourself with; and that are meant to help you feel the way in which you deserve to feel – each day. This is one of the most powerful things you can do to practice self love.

What you may soon discover is that your inner dialogue or self talk becomes far more kind and loving in all of your waking moments. This is not only a strategy to build self-love but a way of living your life. It is a practice that you must keep up with until you feel it is second nature to speak with kindness and appreciation of yourself – even in moments when you make mistakes or are not of your loving nature.

practical wisdom for love A Self-LoveRx

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How you think about and feel towards yourself begins to change as you consciously look for and as you remind yourself of your goodness, of your positive qualities and in the effort that you are making to be your best self. We all appreciate hearing kind and loving words – especially from those we care about most; but perhaps you have waited for or even expected others to be loving in order for you to feel better about yourself.

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5 MINUTES
OF KINDNESS
TO
CULTIVATE
YOUR MOST VALUABLE
RELATIONSHIP
WORDS OF SELF
LOVE AND
APPRECIATION



SELF LOVE Rx

CHOOSE & WRITE WORDS OF LOVE & APPRECIATION FOR YOURSELF
SET A TIMER FOR 5 MINUTES & FREE WRITE

WHAT DOES IT MEAN TO LOVE & APPROVE OF MYSELF?

WHAT DO I NEED IN THIS MOMENT?

THINGS I APPRECIATE MOST ABOUT MYSELF

WHEN YOU ACKNOWLEDGE YOUR GOODNESS
WHILE HOLDING THE FEELING OF LOVE IN YOUR HEART,
YOU VALIDATE AND NOURISH YOUR BEING.

A DAILY EXERCISE FOR BUILDING
SELF-ESTEEM AND SELF-LOVE

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