



# Self-Love Secrets

**How To Truly Love Yourself  
and Create a Life of Your Dreams**

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Learning the Art of Self-Love with Karishma Gautam  
Certified NLP Practitioner and Hypnotherapist



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*"You can search through the entire universe for someone who is more deserving of your love and affection than you yourself, and that person is not to be found anywhere. You yourself as much as anybody in the entire universe deserve your love and affection"*

**- Buddha**

*"Both our first and last love are self-love"*

**- Nestell Bovee**





1

CHAPTER

# What Is Self-Love

## And why is it important



# Importance of Self-Love

Self-love is not only important but also essential to have a positive emotional health in our life. With the help of this book, I hope to inspire readers to nurture and boost their ability to love themselves.

Let's first get clear on what is self-love. Self-love means having a high regard and respect for oneself. It is the art of appreciating ourselves in a way that supports our mental, emotional, physical and spiritual growth. When we love ourselves, we confidently speak our truth, stand up for ourselves and don't sacrifice our well-being to please others.

No, self-love is not selfish regardless of what anyone may have ever told you. Self-love doesn't mean I will only love myself and not others.

*Self-Love means I will love myself as much as I love others*

Unfortunately, society and sometimes even our culture programmed us to believe that we should only seek love from something or someone outside of ourselves. Hence, we grow



up trying to find a partner who 'completes' us and gives us the love that we never gave to ourselves in the first place.

But how can we expect someone else to love us if we don't love ourselves. It's not possible to pour water from an empty cup.

If you have ever been on a plane, you most likely have heard a flight attendant say something like this – In case of lack of oxygen, please put your own oxygen mask first before helping your child.

Have you ever thought why they say that or what may happen if a mother helps her child first before she has put her own mask on? The mother may die because of lack of oxygen before she is even able to help her child and soon after, the child may die too if he/she is having trouble putting on the mask with no help from his/her mother.

I think that proves that when we love and care for ourselves first, it helps us love and care for our loved ones more effectively and efficiently.

So contrary to the popular belief, not loving ourselves is the most selfish thing we can ever do as it also stops us from loving and caring for our loved ones as much as possible.

That's why self-love is the most important thing you can ever do, not only for yourself but also for your loved ones.

Let's continue by asking you a few questions.



Do you struggle to speak up for yourself whether in personal relationships or in professional life?

Do you give other people more importance and don't treat yourself like a priority?

Is taking care of yourself usually the last thing on your to-do list because you are too busy taking care of your husband, children and/or other family members?

Do you force yourself to spend time with your family members to make them happy when you really want to be alone?

Is it too hard for you to do nice things for yourself, to spend money on yourself but you can easily spend money on your family members?

If you answered "Yes" to any or all the above questions, how is that working for you? If you are still reading this, I don't think you are happy with the situation.

Awareness is the first step towards change. Now that we have consciously recognized and accepted the situation, let's work on changing it.

In this book, I will give you ten actionable tips to give yourself the love you deserve and as you act on these tips you may be able to answer "No" to some of the above questions, if not all of them. But first let's talk about what happens when we don't love ourselves.





2

CHAPTER

# What Happens When We Don't Love ourselves



# Consequences of lack of self-love

Which of these situations applies to you?

1. You believe, think or feel you are not loved and are unlovable.
2. You believe, think or feel you are not good enough.
3. You beat yourself up when you make a mistake.
4. You believe, think or feel there is something wrong with you.
5. You lack self-confidence.
6. You don't have healthy boundaries.
7. You put your needs and wants last.
8. You don't trust your intuition.
9. You have low level of self-worth and low self-esteem.
10. You constantly look for approval of others.



# Consequences of lack of self-love

Which of these situations applies to you?
11. You believe, think or feel that you don't deserve anything good in life.
12. You downplay your capabilities and talents.
13. You have a pessimistic attitude.
14. You have an unfulfilling career, failed relationships and/or often face money problems.
15. You often put yourself down with your negative self-talk.
16. You have zero energy as you don't take time out for yourself.
17. You try to numb your unworthiness issues through unhealthy habits like smoking, drinking, over-eating or binge eating.
18. You are often stressed or worried about others but not taking care of yourself.
19. You often have sleeping problems.
20. You don't take action towards your goals and/or dreams because someone else told you that it's not possible and you believed them



*Everyone can have a difficult day every now and then...*

Everyone can have a difficult day every now and then or a bad night's sleep occasionally, however if you experience any of the above signs on a regular basis you have some self-love issues. You may argue that you already love yourself, however the truth is all of us - unless you are already enlightened - face lack of self-love to some extent.

Yes, even I did in the past and after resolving my own lack of self-love problems, I help other women do the same by sharing my wisdom and knowledge I learned in my journey from low self-worth to embracing self-love.

A woman who loves herself is not afraid to walk out of a toxic relationship because she knows she doesn't deserve that abuse. She knows deep in her heart her own worth and value. At work, she can confidently go and ask for a pay raise from her manager with valid reasons of why she deserves that raise.





Let's do a simple test.

How often do you look at yourself in the mirror or do you ever look in the mirror at all? As kids, most of us loved looking in the mirror, making funny faces and laughing at ourselves.

But as we grow up, we become self-judgmental and critical. The emotions we have about ourselves are reflected back to us in the mirror and if those emotions are not loving and positive, we try to avoid facing the mirror.

Stand in front of the mirror, look deep into your eyes for at least a minute and say a few positive words to yourself. For most women, it's very difficult to do this exercise and even if they do, it's an emotional experience as they realize the years of judgement and criticism they were giving to themselves.

After you do this exercise, I would love for you to share your experience with me.





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CHAPTER

# 10 Secrets To Give Yourself The Love You Deserve

## 1. Knowing you are whole and complete

I am sure we all can remember the excitement felt when Jerry Maguire shared the romantic words with his girlfriend -  
"You complete me."

Most, if not all, of us want someone who feels that way about us. I know I did for a very long time. Hearing those words is probably the most romantic thing we can ever hear from our partner.

Probably even more romantic than hearing 'I love you'. But is that really an expression of love or just a romantic myth. Let's be honest, when we say those words to someone what we are essentially saying is we are non-existent without that person in our life.

That means we as an individual person don't matter. We give power to someone outside of us who we think will become our better half/other half and make us feel whole.

Specially we, as women, are programmed by society to believe these myths. Before marriage, we are told you are incomplete without your man in your life. After we find that special someone, we are told a woman is incomplete until she gives birth to a child.



Let's break this myth once and for all. Completing another person or thinking someone else will complete us is a fantasy. Now don't get me wrong. There is nothing wrong with desiring a partner or wanting to be a mother.

If that is what you want, go for it. But if you are doing it with the hope that that relationship, that person or that child will make you complete, you are setting yourself up for failure and you will always feel incomplete.

Think about this – God forbid but what if your relationship doesn't last the test of time or something unfortunate happens to your partner. Since you thought he was completing you, with him gone the question remains... Will you feel incomplete again?

Eventually your children will grow up and maybe move out of your house to start their own life. Since you felt that your children completed you, you will start feeling incomplete with them now gone.

*Know that you were born whole and complete.*

*You don't need your partner, your child or anyone else to complete you.*

*Find your wholeness within you.*



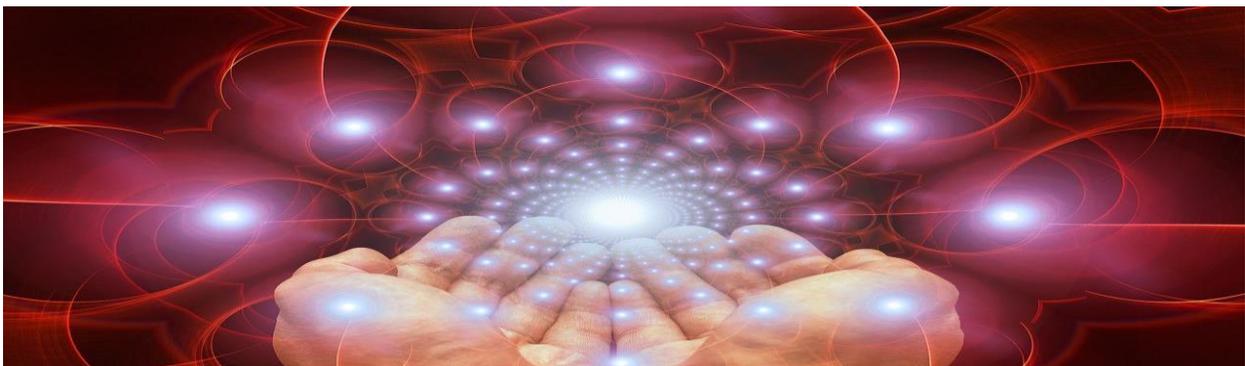
## 2. Opening yourself up to receive

How open are you to receive? Receiving compliments? Love from your friends and family? Gifts? If someone buys you a present, do you immediately start thinking in your head, “what can I do to pay back that person?”

Okay. You may be thinking...this reminds me of the saying “Giving is better than receiving” right? I know, you may have heard that phrase way too many times before too.

I agree, giving probably makes us happier than receiving. When you were a child, if you have ever taken a candy from Santa Claus on Christmas, I am sure you noticed that Santa was just as happy to give you the candy, if not more, as you were to receive it.

However, think about this. When you give, there is someone in the world who is receiving. Imagine a world in which everyone just keeps trying to give, because they all think giving is better than receiving, and no-one is willing to receive. I am sure you would agree it would be a messed-up situation if that happens.



Think about breathing – we inhale and exhale. If we just start exhaling and stop inhaling completely because we think giving is more virtuous, we would be dead soon due to lack of oxygen

Truth is we need a balance of both - giving and receiving. As women, most of us are givers and some of us are even over-givers but if we are not receiving, we will eventually run out of our resources to give. Remember what I said earlier in the book – we can't pour from an empty cup.

When we say giving is better than receiving what we are doing is comparing ourselves (which I will talk about next) to the receiver and saying that we are better than the receiver.

Next time when you receive a gift from someone, just try to accept it graciously with gratitude instead of thinking what you can do to pay back or be better than the person you received it from.



### 3. Stop comparing yourself to others

Whether you are giving or receiving, can you please stop this comparison game.

Truth is there will always be some people who will have more resources than you to give to others. Similarly, there will always be people who will have less resources than you to give to others. Regardless, I think we all do our best to give as much as we can to others with the resources we have. So, what's the point of comparing yourself to others.

Instead of comparing ourselves to the people receiving from us, maybe we can learn from them how to receive with gratitude, especially now when we know that there is nothing wrong with receiving.

Now, most of the time when we compare ourselves to others, we are usually comparing our first step with someone else's last step. Unfortunately, we take our eyes off our goal and start focusing on how well the other person is doing while criticizing ourselves for not being up to their level.

*There is no comparison between the sun and the moon.  
They both shine in their own time.*

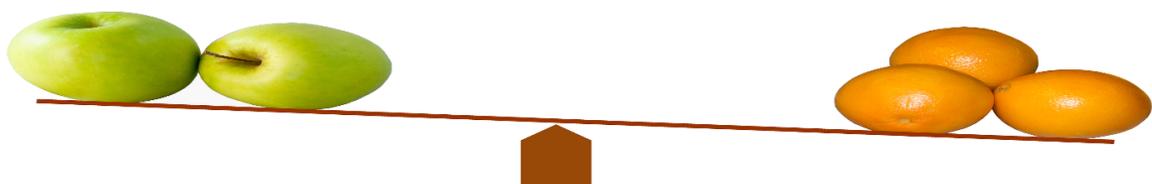


For example, let's say you recently started a business, but your business is running at a loss. One day, you meet an old friend who may be in a similar business who is doing very well. You immediately go into comparison mode without realizing what they may have gone through to achieve that success.

Perhaps this is your first year in business, but your friend might have been in business for years and have already gone through a learning curve which you are going through now. Maybe they were born in a family of entrepreneurs and hence learned the business skills and acumen while growing up whereas you are just learning now.

The point of my example is instead of comparing without even knowing the whole story of the other person, maybe we can ask them for advice and implement it.

Comparing yourself to others is like comparing apples and oranges. They both are nutritious fruits and probably most people like both of them. There can't be any comparison between the two of them. Similarly, there can't be any comparison between you and another human being.



## 4. Letting go of other people's opinions

How do you let other people's opinions affect you?

Let me ask you another question.... Do you follow through on what you want to do in life, or do you give up halfway because someone else told you it's not possible?

Are you always looking for validation from someone else?

What happens when they don't approve of you?

Do you crush your own aspirations to please others to meet their ideas of what you "should" be?

As a result of this, you stop displaying your entire personality and lose the ability to be yourself. Moreover, you lose faith in your own judgement because you believe others know better!

You end up being a slave to the desires of others. Every choice is made with the goal of pleasing everyone. Never paying attention to your own needs. You live your life on other people's terms when their opinions are more important than your own desires. Despite this, you will be the one who will regret not having lived a life true to yourself on your deathbed.

*What other people think of you is none of your business.*



The first step in letting go of what others think of you is to build your fundamental foundations so that you feel confident enough to follow your own intuition or gut instincts.

When you do that, you will find you no longer feel the need to seek others for their opinion or approval because you are confident in your own judgments and choices.

Start a self-appreciation journal and write down the things you're proudest of about yourself daily: decisions you've made, times you've practiced self-love and respect, insights you've gained, things you like about yourself, situations where you've stayed true to yourself, or whatever else comes to mind.



## 5. Become aware of your thoughts

Have you ever thought about how many thoughts you have in a day? Research shows that we have around 60,000 to 80,000 thoughts daily. Our mind is always thinking about something.

Unfortunately, most of those thoughts are repetitious - brooding over the past, scared of the future, or plain absurd. Are you conscious of all your thoughts?

Many of your repeated thoughts are encoded into your subconscious mind and are not easily apparent to you. (The conscious mind processes roughly 40 bits of information every second, whereas the subconscious mind processes 40 million bits per second.) We keep thinking negative thoughts daily without even being aware of it.

Negativity is programmed by feeding unquestioned and unchallenged thoughts in our subconscious brain. Eventually they become ingrained limiting beliefs. A belief is nothing but a thought that we keep thinking regularly. They have the potential to elicit emotional responses before we can understand what has occurred.

*You are what you think:  
Your thoughts create your reality.*



Two ways to not let your negative thoughts affect you.

1. Distinguish yourself from your thoughts: You recognize that you are not your thoughts, when you detach yourself from them. Your mind is like the sky and your thoughts are like clouds. Thoughts come and go just like clouds come and go in the sky. Unless (or until) you believe them, the thoughts can come and go, and you will remain the same.

2. Pay attention and filter your ideas as they come in: This is the effect of disconnecting from your thoughts. This separation allows you to come to a halt and determine whether you want to trust this notion.



## 6. Remove the word “should” from your vocabulary

How many times a day do you say “I should weigh x kilograms.” “I should do.....” So many of us live our life full of “should”. Many women would use a dozen should in just one paragraph.

When we live our life based on what we think we “should” do, we are putting unnecessary pressure on ourselves to do or be something based on what we believe we need to do or be rather than who we are and what we desire.

The internalized voice of what we think we're supposed to do and be holds us hostage as a civilization. We use the word "should" so much that it has replaced more precise and strong expressions like "I desire," "I can," and "I will. "

My suggestion for you is to remove the word "Should" from your vocabulary as using the word not only causes guilt and makes you feel bad, it also prevents you from making better choices and seeking other alternatives and possibilities.

Of course, failing to act on your goals makes you feel even worse about yourself, exacerbating your emotions of guilt and anxiety. This, of course, leads to even more should.

**“Should” come only from leftover thinking. If we are truly in this moment (the only one there really is), we don’t should on ourselves.**



“Should” implies obligation for something meaning we don’t have a choice. Most of us learn the habit of using should from our well-meaning parents or other authority figures, who probably didn’t know any better either. “You should clean up after yourself. You should get good grades in school.”

But now that we are grown up adults, it’s our responsibility to stop forcing us to do things that we really don’t feel like doing. However, sometimes we use ‘should’ even for things that we would love to do. “I should play with my kids.” or “I should spend time with my husband.”

Words have power. They can destroy or create us based on how we used them. Even if it is something we would love to do, when we use a word like ‘should’ for it, our subconscious mind still takes it as something we don’t want to do but are forced to do. Eventually we may unknowingly harbor resentment against that person or thing.

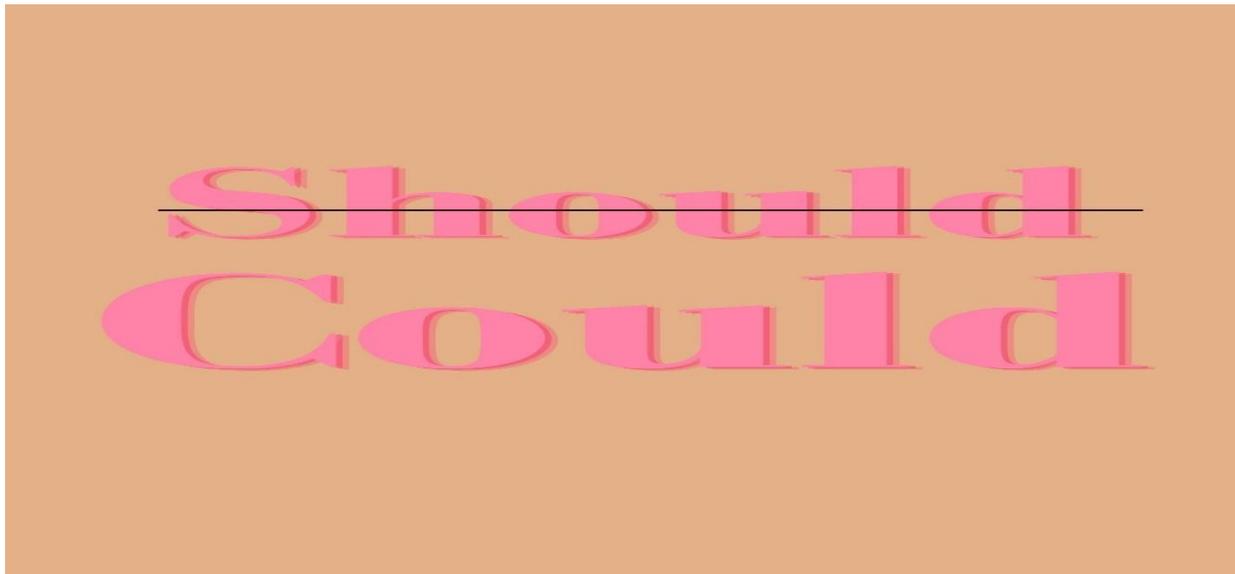
*Words have power.  
Learn to recognize the effect some words have on your  
emotions.*



Maybe we can replace all our 'should' with 'could.' 'Could' gives us choices and options. It doesn't feel forced like 'should.'

However, maybe there is really something that we don't like doing but need to do it for some or other reason. For e.g., maybe we hate our job, but we need to do it for an income. Instead of saying "I should go to work," we can say "I could go to work, and I could start a side business so I can quit my job as soon as possible."

We always have a choice in every situation even when we think we don't. By using should, we give our power away unknowingly by saying we don't have a choice. It's time to take our power back by replacing 'should' with 'could' and realizing we are never forced to do something we don't want to do.





Spend time with people who can lift you up and visit places that make you happy. Journaling is an excellent tool to develop a great friendship with ourselves and have self-compassion.

This might also assist you in identifying thinking patterns that are preventing you from forgiving yourself. Journaling can also be used for writing a list of your strengths and skills, things you have accomplished in life and are proud of.

If you are having a tough time making friends with your inner critic, an exercise you can do is to take a paper and draw a line in between.

On one side of the paper, write down all the self-critical and judgmental thoughts you have about yourself. On the other side of the paper, write down something you will say to your best friend in response to everything you wrote on the first side.

Then say those things to yourself. Become your own best friend that you are to others.



## 8. Forgive others for their mistakes

We live in a world where most of us have been hurt by others either intentionally or unintentionally. Just like forgiving ourselves is necessary, forgiving others is just as essential.

Forgiving others is not very easy, it does require time and effort but is worth doing. If you've been mistreated by a parent, betrayed by a spouse, or assaulted by a stranger, forgiving the person who has wronged you may feel hard, if not impossible. This is especially true when the individual who has wounded you rejects their actions or refuses to apologize.

However, forgiveness is something you choose to do for you and your peace of mind and not for someone else. When we refuse to forgive, we are only hurting ourselves by harboring resentment and anger against others.

That anger and resentment eventually manifests as physical ailments in the body. It can lead to cardiovascular problems, a weak immune system and chances of anxiety and depression.

*To forgive is to set a prisoner free, and to discover that prisoner was you.*



When we focus on the pain rather than the healing, we find ourselves replaying the bad event repeatedly in our mind. The grief, wrath, and other tough emotions felt at the moment of the first incident may be perpetuated by this negative thinking cycle. The pain of the original event is not as painful as we make it by thinking about it again and again.

We don't even realize that the other person we are harboring resentment against has already moved on in life while we are still holding onto what may have happened for which we are angry about.

Forgiveness doesn't mean condoning or accepting the wrongful actions of the other person. It doesn't even mean that you must continue talking with that person or keep any relations with him/her.



Forgiveness helps you move on in life with peace and gratitude. Since forgiveness is for you and not for them, it's not even essential for the other person to ask for an apology.

Forgiveness can help you feel better about yourself, your relationships, and your general mental health.

Forgiving others is usually preceded by forgiveness of oneself, hence I wrote about self-forgiveness first.

If you're having trouble forgiving someone who has wronged you, you may need to forgive yourself first. It's conceivable that you're blaming yourself for failing to notice clear warning signals.

It's also possible that, despite having done nothing to cause what happened, you're nevertheless plagued by feelings of guilt and shame.

You may feel you were harmed because there is something fundamentally wrong with you. Self-forgiveness allows you to spread that forgiveness to others.



## 9. Learn to say NO

How comfortable are you saying NO to someone? Do you always try to people-please and prioritize others while forgetting all about your own needs? Are you saying YES when you really mean NO?

Is saying YES to things you don't want to do affecting your mental, emotional and/or spiritual health? Have you ever said YES to anything and then regretted it?

When you say no, it doesn't make you impolite, selfish, or cruel. These beliefs and ideas are given to us usually during childhood and they make it difficult to say no.

If you said no to your elders or other authority figures around you, you were almost definitely deemed impolite and would have been reprimanded.

Besides, when you put your needs first, if you are a mother, you show your children to put their needs first. How would you feel if your child(ren) prioritized everyone else while ignoring their own needs, feeling exhausted and burned out as a result?

If you think you wouldn't be happy to see your children that way, then don't set such an example in front of them.



Saying no was usually forbidden for most kids and saying yes was the polite and pleasant response. We were told that we will be liked and loved if we listen to our elders and do as they say.

Now even though we are grown up adults, most of us are still living our life based on what we learned growing up. We want to please people-please and be likeable by others, hence putting the needs of other people above our own.

However, when we say no to others, we say yes to ourselves. We teach others how to treat us by showing them how we treat ourselves. When we say yes to ourselves, when we put our needs first, we are telling the world that we are just as important as any other human being.



It's critical to be able to say no so that you may feel empowered while keeping your connections.

Saying no allows you to set healthy boundaries while also letting others know what they can expect from you.

It is also important to remember that no is a complete sentence.

You don't owe an explanation to anyone for saying no. You can give an explanation if you want as long as you are doing it out of your own wish and not feeling obligated to give that explanation to the other person.

*When you say NO to others, you are saying ...  
YES, to yourself*



## 10. Leap into the unknown

When was the last time you did something for the first time? How many times in your life have you taken a big or small risk, done something that felt scary as well as exciting? How often do you try new things even when you don't know how will that thing work out for you?

The reason most of us don't fulfill our dreams and achieve what we are capable of achieving is because we are too scared to take that risk.

However, when we step out of our comfort zone, even though it feels scary, it also helps us to grow. It helps us expand our comfort zone and the thing that we feared doing today, in no time that new thing becomes a part of our comfort zone

For e.g. If you want to start doing videos for your business but you are terrified of being on camera, start by doing a one-minute video. Within 7 to 10 days, you will start feeling a lot more comfortable with doing videos than what you were on your 1st or 2nd day.

*Every great move forward in your life begins with a leap of faith, a step into the unknown.*



Repetition helps us rewire our neural brain patterns. Initially, you don't even need to post your videos publicly if you don't want to. Share with just a few close friends and family members in the beginning as long as they encourage and motivate you to keep going and continue to make videos.

Faith and trust are big assets when stepping out into the unknown and uncertain. Faith in yourself and your abilities, trusting that the Universe has your back and everything will work out in your favor and knowing that even if you don't achieve your big goal, you will learn something new during the experience which would be worth the effort.

When you believe in your vision, truly believing in its possibility from the bottom of your heart, see and visualize it regularly in your mind, your job towards making your dream a reality is already half done.

That positive belief encourages you to act towards your dreams and when you achieve your goals, you inspire many other people to go after their dreams and goals.



## Conclusion

**When we love ourselves, we show others how to love us and we inspire others to love themselves. You just learned ten ways to love yourselves. If you made it this far, I want you to know, I am proud of you. However, this is just an introductory book on self-love that barely scratches the surface.**

**If you would like to go deeper with loving yourself or if by reading this book, you are now more curious to explore what it would be like to work with me personally, I invite you to book an obligation-free call with me on my calendar.**

**[www.calendly.com/elevateselflove](http://www.calendly.com/elevateselflove)**



## Testimonials

*I highly recommend Karishma, she is passionate about her field, this shows in her warm & engaging deliverance. After my session with her, I had great results almost like magic, the changes had already taken place before it was over. Every woman who chooses Karishma as a Mindset & Self Love Coach will be grateful to have experienced a powerful healing and transformation.*

- **Bobbie Sharpe**

*I had the privilege of having Karishma work with me doing Hypnotic Meditation and it left me feeling extremely relaxed and settled. Karishma's passion and compassion showed through the session, her voice tempo, speed and tone put me at ease. I felt so very comfortable and was able to really fall deeply into a relaxed state. I highly recommend Karishma for a session. Thank you for taking the time to work with me.*

- **Fiona Muscat**



# About the Author

**Karishma Gautam**

**Self Love Expert**



Karishma is a fierce feminine leader. Through her unique and impactful courses based on the modalities like Neuro Linguistic Programming and Hypnotherapy, Karishma is passionate about women's empowerment. She is on a mission of helping one million women around the world by 2025 in falling in love with themselves. With the help of her courses, free trainings and hypnosis audios, she encourages women on how to improve their self-worth, grow their self-esteem and unapologetically put themselves first.

She hopes to create such a world one day in which not even one woman is in a violent marriage with no voice and no one to turn to for help, believing they are worthless. It is her passion and purpose in life to support and uplift women, helping them realize their strength, courage and resilience.



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