

Nine Self-Love Lessons to Rock Your World



To show up in the world as the best and healthiest version of YOU, you need to not only take care of yourself but love yourself wholeheartedly. It all starts with you! It's all about self-love, self-compassion, being kind, and cultivating softness toward yourself. And you, my friend, are about to become an expert on the topic. In order for you to be bursting and overflowing with love from within, it begins inward.

Self-love is not selfish, and just like the quote says, you – as much as anybody else in the entire universe – deserve your love and affection.

So, let's dive in, shall we?



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SELF LOVE LESSON 1

Quit People Pleasing



The first lesson toward deep self-love is quitting people pleasing. All my life, I watched my mum, and all the women around me, people please. I grew up in a very Catholic Italian environment with a huge focus on family and loads of “shoulds.” You “should” do this for your brother because he is your brother. You “should” act a certain way when we are at church. You “should,” “should,” “should”! This word was drummed into me for as long as I can remember. So naturally, because this is what I saw, this is what I copied.

From as young as seven, I remember people pleasing. Case in point: A girl in kindergarten wanted my new doll, and because I didn’t want to upset her, I gave it to her, even though I really didn’t want to. Then, at fifteen, I remember downing a bottle of vodka because the group of “friends” I was hanging out with was peer pressuring me. In that moment, I wanted to say no, but I ignored my intuition and did it to please them and to be liked and accepted. I’ve also dated men when I really wanted to say no. Said yes to dinner invites when I really meant no. And driven three hours to drop something to a friend when I had loads of work to do, was exhausted, had a child to tend to, and when I really wanted to just say, “I can’t right now.” But I did it because I was too scared to stand in my Truth and do what was right for me in that moment.

It’s super important to note that saying no doesn’t mean you have to be forceful or rude. It can totally be done with love. One of the most powerful sentences you can say is, “No, thank you.” Or “Thank you so much for the offer, but I am going to have to pass.” You don’t need to give an explanation if you don’t want to, and you don’t need to justify your Truth. You do, however, need to honor your Truth! If you don’t, the Universe will give you a swift kick in the bum.

There is always a price to pay when you ignore your Truth.

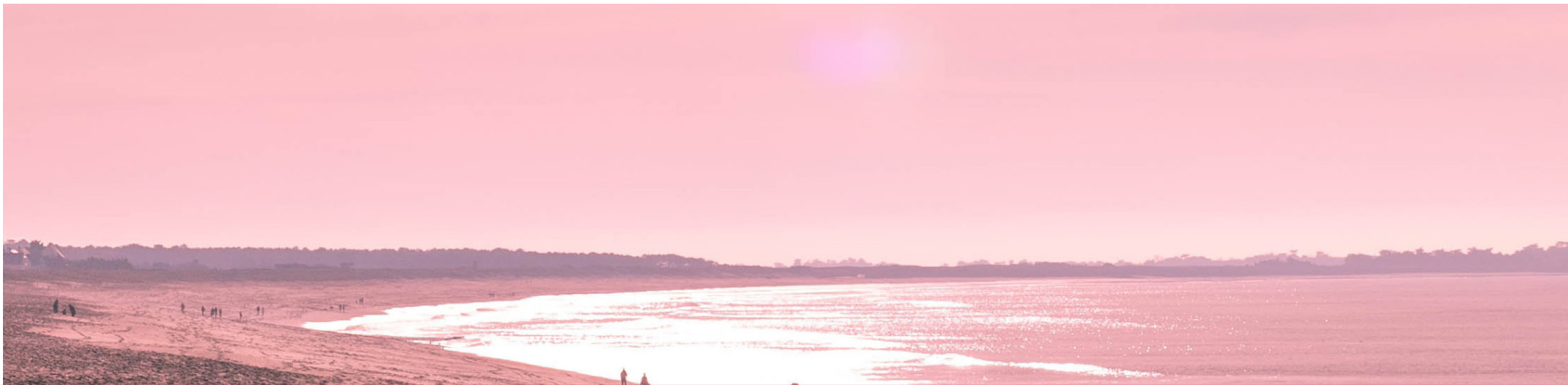
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INSPO-ACTION

Think of a time when you have done something for someone because you thought you should.
How did you feel?

Now think of a time when you have done something for someone just because you wanted to?
How did that make you feel?

Reflecting on what you wrote, can you feel the difference? It's a very different energy when you do something because you think you should versus doing it because you simply want to out of love and kindness. It's so much more impactful and meaningful. Same applies when someone does something for you – if they genuinely want to do it, YOU can feel the difference, too.



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SELF LOVE LESSON 2

Judge No More

Whether we're aware of it or not, from the moment we wake up to the moment we put our head on our pillow at night, we are judging – both ourselves and others. Some of my internal judgments used to sound like this: That was a crap night's sleep. You look so tired. Your dark circles are gross. Your thighs are too big. That dress makes your hips look wide. You shouldn't eat that.

The judgments weren't limited to myself, though – they also extended to others: That is such an ugly dress. Those two will never last. Why would you post that on social media? I can't believe she said that! I wouldn't do that. I wouldn't say that. What an idiot! Who does she think she is?!...And on and on it went, my Mean Girl having an absolute field day in the process.

Can you relate to any of this? If so, I'm about to drop a truth bomb on you:

Everything is a reflection of us, and what you judge in others, you are ultimately judging and not fully owning within yourself.

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INSPO-ACTION

Take a moment now to think about a time when you judged someone else. What did that trigger within you? What are you not owning or looking at within yourself? What are you projecting onto others?

Those three questions are very powerful. These days, when I catch myself judging someone, I go through these questions and am often astonished by the answers that swirl up from the depths. So ask, and the answers will come...and you just might find out something enlightening about yourself.

Much like people pleasing, the two major steps in quitting judging are awareness and wholeheartedly deciding that you want to live a judgment-free life.

Let's make that pledge to our beautiful selves right now by signing the Judge No More sacred contract:

I, [NAME], commit to living a judgment-free life. I promise to do my best not to judge myself or others, and when I catch my Mean Girl getting judgy (whether about myself or someone else), I will return back to my Truth – Love – as quickly as I can...without any judgment!

This I promise.

[Signature]

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SELF LOVE LESSON 3

Let Go of Comparisons

If you want to explode with self-love so you can live your best life, you've got to quit comparing yourself to others.

Comparison is the thief of joy and will rob you of deep inner happiness.

From a very young age, I compared myself to others, and then at fifteen years old, I entered a profession where comparison was par for the course. As an actress and dancer, I compared the way I looked, the way I talked, how smart I was, how cute my boyfriend was, how big my bum was, how spiritual I was, how much money I had, how big my house was, how trendy my clothes were, how fancy my car was...even how happy I was. It seems ludicrous when I type it out, but if I am totally honest with you, I used to compare everything about myself with other people's qualities because I was so unhappy in my own skin.

Comparison is one of the sneaky games your inner Mean Girl likes to play, and if you don't stop her, she will take control and keep you in the downward comparison cycle.

Are you someone who compares yourself to others, whether it's someone you know or a complete stranger on social media? If so, I am going to teach you how to let go of comparison once and for all.

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INSPO-ACTION

Knowing your triggers is vital to combat comparison. What are the things that trigger you to compare yourself?

Is it social media, glossy magazines, a particular person at work, going to the gym, or watching TV? Write down all the things that trigger you to compare yourself to others. Now, I want you to ask yourself, “Why is this triggering me? What is it about X that’s making me compare myself?”

Often, comparison creeps in when we are not overflowing with self-love. I know that for me, it’s always when I’m feeling crappy within myself that I start to compare myself to others. On the other hand, when I’m feeling confident, content, grounded, centered, and worthy, comparison doesn’t even enter my consciousness. (Yet another reason to jump aboard the self-love train!)

Knowing your triggers is really important for two reasons. First, so that when you feel crappy, you can remove them. Get off social media and get your nose out of the magazines, and sit with yourself instead. That’s not to say you can never go social media scrolling again, it’s just that when you’re feeling “at risk” of “comparisonitis” – when your resolve isn’t as strong and your heart’s not as overflowing as it could be – it’s better to remove yourself.

The second reason is because your triggers can reveal a lot about you. I want you to put your detective’s cap on and investigate why those particular things are triggering you, because there will be nuggets of wisdom in there for you. So next time you catch your Mean Girl comparing you to someone else, do two things: Remove yourself from the trigger, then ask “What is this triggering within me and why?” Then let it go and come back to Love.



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SELF LOVE LESSON 4

Eradicate Expectations

You must look like a Victoria's Secret model all the time. You must earn a certain amount. You must drive X type of car. You must be with a man who earns X amount, looks like Brad Pitt. You must look like you “have it together” all the time. You must be able to backbend and headstand like Tara Stiles in yoga class. You must have glowing skin.

These are just some of the expectations I have placed on myself in the past. Exhausting, huh?! Expectations are another sneaky Mean Girl game that you don't need to play. She tells you things like I just mentioned to keep you stuck in fear, but **you can live expectation free. It's a choice, and the choice is always yours!**

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INSPO-ACTION

Who are the five most prominent people in your life? This might be your partner, mum, brother, colleague, and/or best friend – whoever it is for you, write down their names. Now, next to each name, write down all the expectations you have for each of those people. Don't be shy here. Let it rip! Ask yourself what happens when one of those people doesn't fulfill one of your expectations that you have placed on them? Sh*t hits the fan, right? You're disappointed and angry. Same goes with the expectations we place on ourselves.

Disappointment only occurs when one of your expectations has not been fulfilled.

So whose fault is it? Most likely, the other person is completely oblivious to the expectations you've placed on them, so the only person that needs to take responsibility here is you! It's a tough pill to swallow, I know. But when you wholeheartedly commit to eradicating your expectations on yourself and others, you will experience a much deeper love in all your relationships.

Instead of placing expectations on your partner to do the dishes and take out the rubbish, simply practice Crystal Clear Communication (aka CCC) with him. Instead of wanting your kids, family, or friends to act and show up a certain way, or do things the way you desire, eradicate your expectations and simply allow them to show up as their true authentic selves. Instead of expecting yourself to look a certain way, simply take the action steps daily to nourish your body, mind, and spirit. Show up every day from a place of love and let go of your fear-based expectations. Life is a lot more enjoyable when you've got no expectations, so let's commit to eradicating them once and for all. Sign the below contract to do that right now:

I, [NAME], commit to no longer placing expectations on myself and others. Instead, I will simply allow others to show up as their true selves and I will do the same. I will be the example of what it means to live expectation free, for myself and for those around me.

This I promise.

[Signature]

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SELF LOVE LESSON 5

Let Go of Your Past, Get Out of the Future, and Be Fully Present!



When I was five years old, my appendix burst and I almost died. I was rushed to the hospital to have emergency surgery to remove my appendix and seven cups of pus. When this happened, I naturally got a lot of attention from the people around me. My mum was about to give birth to my brother, and subconsciously, I think I was craving her love and attention. I knew things were about to change dramatically, and I was no longer going to be her baby girl.

Things did change – of course – when my brother was born and I became the middle child. I had to help out and be more independent, and the special alone time I got with my mama all but ended. (Naturally, of course – she now had three kidlets to attend to, one of them a newborn baby!)

Still, five-year-old me couldn't make much sense of this. But I did learn something quite quickly: When I was sick, I got loads of attention and love from my mum. This quickly became my "story." I'd get sick – asthma, eczema, tummy aches – and the attention and love from Mum would go back to how it used to be. I didn't really understand it, but this link somehow got cemented in my brain: sick = love. So for most of my life, this story played out: I'd get sick, and Mum would shower me with love. Sick, love, sick, love – it was as reliable an equation as $2 + 2 = 4$. As it went on, it became the primary way we bonded, connected, and spent time together. After all, she was a busy mum of three, working full-time as a night-duty nurse, so her time was limited. But I craved more, and it felt like I'd finally cracked the code for getting it.

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this story played out: I'd get sick, and Mum would shower me with love. Sick, love, sick, love – it was as reliable an equation as $2 + 2 = 4$. As it went on, it became the primary way we bonded, connected, and spent time together. After all, she was a busy mum of three, working full-time as a night-duty nurse, so her time was limited. But I craved more, and it felt like I'd finally cracked the code for getting it.

Of course, you don't know what you don't know. And that pattern stayed hidden to me for a long time. But then one day, I knew! It was like the lights came on for the first time. I realized what was panning out and how much it was holding me (and her, and our relationship) back, not to mention causing me physical pain in the process. It was also a super-expensive pattern to have fallen into to. (Medical bills and antibiotics are not cheap!)

I knew that if I wanted to experience deep love with myself and others, I needed to let go of this limiting belief that was not serving me, my growth, or my evolution. But it wasn't as easy as clicking my fingers and being done with it for good. No, sir! I mean, I had completely wrapped my identity around this story. I was "the girl with eczema and asthma." I was the girl with "health and skin problems." I got "special" treatment at school, dance, and sleepover parties. So who the heck was I without this story and the identity I had created around it? I was scared to let it go, but I knew it was time. So, like all the self-love lessons, I had to decide that I wholeheartedly wanted to let this belief go. Once I did that, it became my responsibility (not my mum's or therapist's) to become aware of it every time it was about to play out, and to catch my thoughts and remind myself that this was no longer the story I wanted to live by. Like anything, it took time and awareness, but the more I practiced catching it, the easier it got.

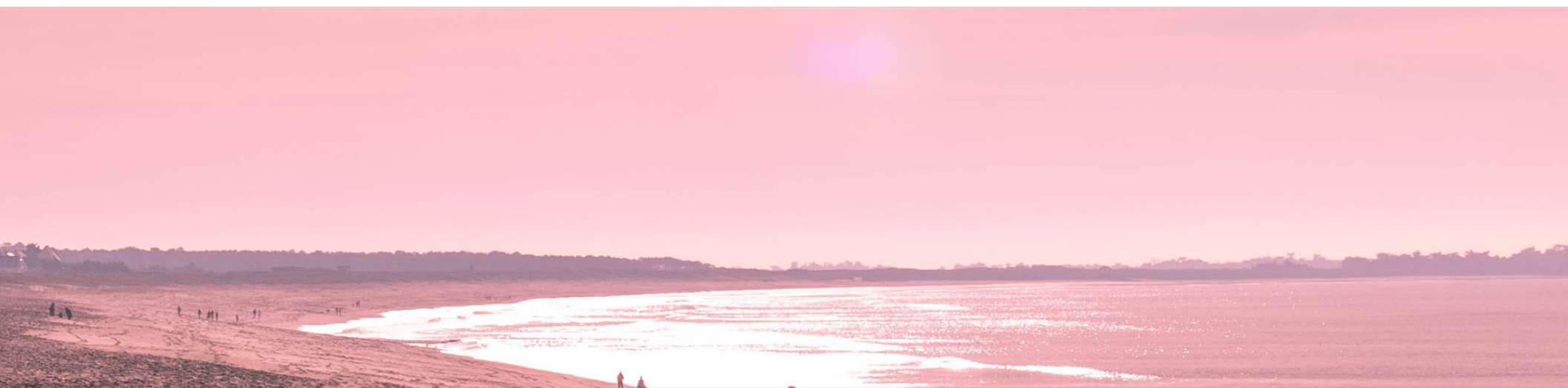
I truly believe that when you let go of old stories and decide you no longer want them to be part of your current reality, you can create whatever your heart desires. The blank canvas is yours and you can paint whatever you want on it.

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INSPO-ACTION

Do you have any stories from your past that you keep telling yourself? Maybe it's something to do with your health? Maybe you have a money story that you picked up from your parents? Or maybe it's about your parents' divorce? Write down all the stories you are still letting play out in your life right now.

I know it can feel challenging to let go of the stories we have built our identities around, but you already know in your heart that they are no longer serving you. And in order for you to experience deep love with yourself and others, you have to open wide and let them go – that creates space for new stories and new truths. In order for you to experience overflowing self-love, you must aim to live without stories from the past and future and instead reside in the present moment. This is where the magic happens. Your Mean Girl will not want you to live in the present because she cannot exist there. So she'll do whatever she can to keep you in the past or future, but don't let her win. Be in the here and now – the only moment that truly exists.



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SELF LOVE LESSON 6

Dial Up Your Worthy-O-Meter



How worthy you feel is reflected in all areas of your life. Many years ago, my worthy-o-meter was at an all-time low: I dated men who treated me like a doormat, I trashed my body with junk “food,” I escaped myself with drugs and alcohol, I took uninspiring jobs that I loathed just to make money, and I surrounded myself with unhealthy relationships. I mean, I was such a loser, why would I deserve any better? At least, that’s what my Mean Girl told me.

Today I feel like a ten out of ten on the worthy-o-meter scale. I feel deeply worthy of all the love, joy, and happiness I am experiencing within. I know I am worthy of that which is unfolding in front of me, and I know I am worthy of whatever my heart desires. But these shifts only took place after I got conscious about my self-worth and got serious about dialing up my worthy-o-meter. Here’s how you can do the same – fast!

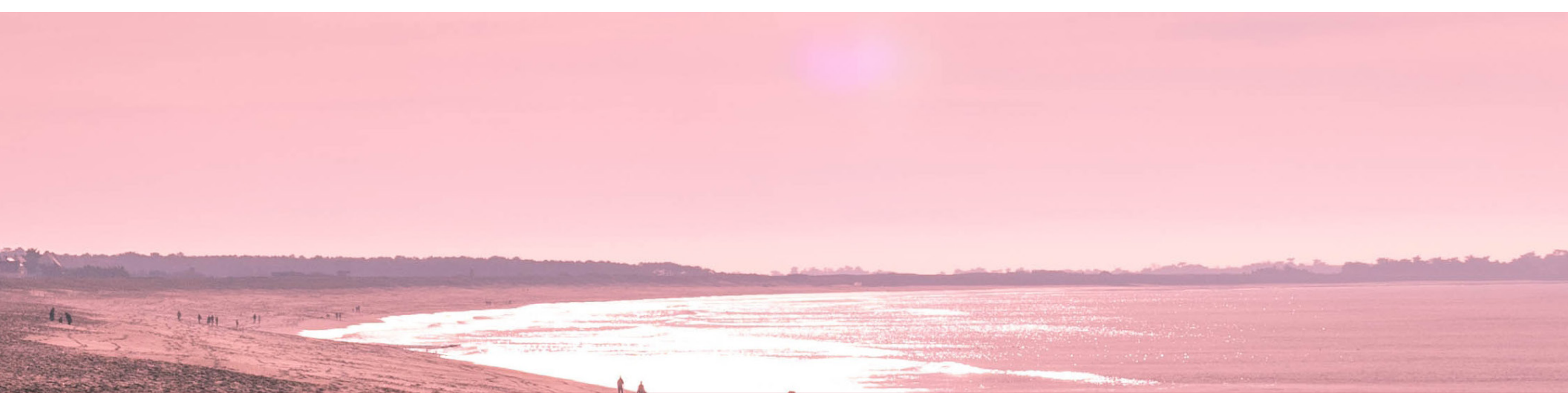
Worthiness is a choice – your choice!

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INSPO-ACTION

How worthy do you feel right now? Are you a four or are you a ten on the worthy-o-meter scale?

No matter where you are, know that you can decide to dial it back up right now. It's a choice – your choice, my sweet friend – and you deserve to feel bursting with worthiness in every moment...even if your Mean Girl tells you otherwise.



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SELF LOVE LESSON 7

Go Inward

Back in 2010 when I embarked on my spiritual journey, I was very outwardly focused. I placed all my attention on finding healers, teachers, mentors, body workers, and practitioners to “fix,” change, and improve me. I so desperately wanted them to save me, help me heal, and make me happy again. And yes, they absolutely helped...but only to a degree. I swiftly realized that if I was not willing to go inward within myself, I would never be happy.

You are your own best guru!

No one knows you better than you. No one knows how you're feeling deep within or what's really going on with you. You can try and articulate it as best you can, but no one will really understand what it's like to be in your skin. Which means you are your own best guru. Not a healer, not a doctor, not a robe-wearing, aura-seeing, sermon-giving swami...YOU! Now this might sound scary, but it shouldn't – it's exciting! It means you hold all the power. (It's a much cheaper scenario, too!)

Of course, this doesn't mean you can't seek support from others – I am all for support, sister. And I highly encourage you to reach out and get it whenever you feel the desire. You don't have to do life alone. But often, simply sitting with yourself and your journal will help dissolve the “issue,” and you may even come to a resolution on your own. That's happened to me many times. I was once sitting in my holistic healer's office, and as the words were spilling out of my mouth, I realized I already knew exactly what had to be done. So never underestimate the power of openly and honestly expressing and trusting that you already have the answers within.

To find your own answers and be your own guru, you've got to venture inward...

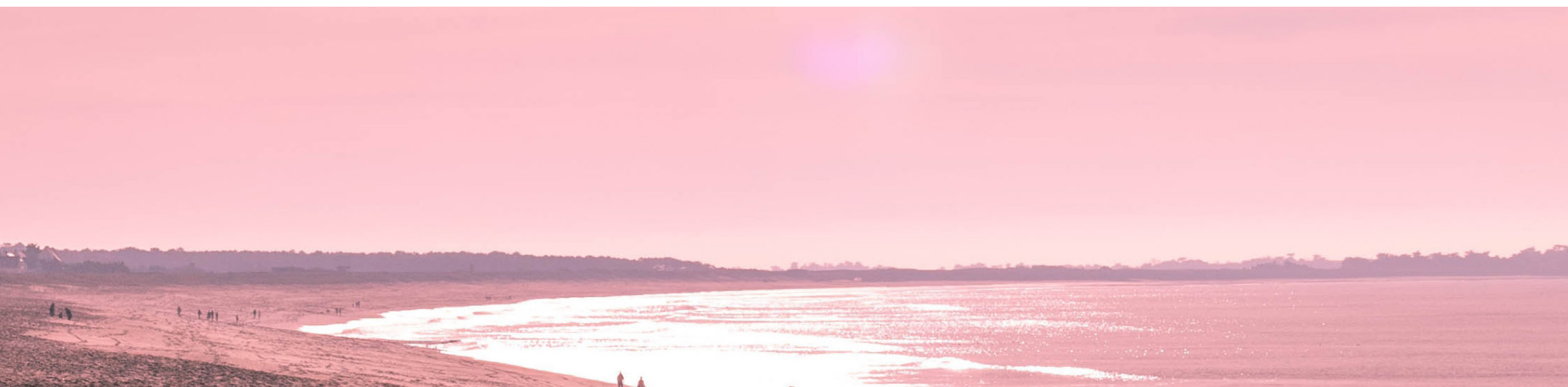
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INSPO-ACTION

When you make the decision to go inward, connect with your Truth, and really get to know yourself, you will uncover the answers to all your questions. There is no other way.

That said, if you're anything like me, you're often too full to stop and connect and go inward, right? Well, tell me this: Are you too full to be happy? Going inward and connecting with your true self doesn't have to take hours. All it takes is a few minutes of presence. Close your eyes and go inward. Connect with how you're feeling and what's coming up for you. Once you are done, you can journal about your experience if you like. That's it! Easy-peasy.

Meditation is the quickest, easiest, and cheapest way to go inward. When you start your day with a few minutes to connect with yourself, your day will unfold very differently. When you do this, you are basically saying to the Universe, "I honor myself, I truly love myself, and I matter." And trust me, **the Universe has ears and is always listening!**



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SELF LOVE LESSON 8

Date Yourself

I used to be that person who had every second of my weekend booked: Friday night was drinks with the girls. Saturday morning was usually a walk (or a BodyPump class), then brunch with my besties. Saturday lunch was with a friend, followed by shopping for a new outfit (that I didn't need) and errands like grocery shopping. Saturday night was dinner, drinks, partying, and dancing till the wee hours of the morning. Sunday brunch was a greasy recovery meal to cure my hideous hangover. And from Sunday lunch onward, we would head to the local bar for more greasy food and more drinks. (Hair of the dog, right?!)

My weekends were jam-packed and booked up months in advance. Why? Because I was so scared to be alone. I didn't want to spend a single second on my own. I had a very loud Mean Girl, and the thought of going inward (like in Self-Love Lesson Seven) sent shivers down my spine. So in order to avoid myself, I packed my schedule as tight as a tin of (wild-caught) sardines. Until I hit rock bottom, that is, and realized that **you have to become your own best friend**. You can't expect anyone else to love you if you don't love yourself. This was hard for me to grasp, as I'd spent years becoming an expert in self-loathing, battling depression, an eating disorder, anxiety, and panic attacks, and I didn't think I could ever get to that place of overflowing self-love. But the beautiful thing about hitting rock bottom is...the only way out is up! And to be honest, I was so sick and tired of being extremely unhappy and unwell that I was willing to try anything. So, reluctantly, I thought I would give this self-love stuff a go.

Couldn't hurt, right? Each day I made a conscious decision to love myself wholeheartedly. I made this more concrete by deciding to date myself. I thought that if I wanted to call in my lover, I first needed to love myself so much that I would want to date myself.

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INSPO-ACTION

Try any of the following ways to date your beautiful self:

- Have a bath with Epsom salts, coconut oil, and a few drops of lavender essential oil. Dim the lights, maybe have some soft meditation music playing in the background, and tell everyone you live with “do not disturb”!
- Lie on the beach with a good book (or not) and feel the sun on your skin.
- Take your favorite rug to the park, along with a book, a podcast, or your journal. Or you could simply stare up at the sky and ponder!
- Get dressed up and take yourself out to lunch or dinner alone and fully BE there, not on your phone.
- Pop an herbal tea in a stainless-steel bottle and take yourself to see a hilarious rom-com at the movies.
- Go to the beach or park to watch the sunrise or sunset (sans phone).
- Have a shower, then give yourself a full-body coconut oil massage. Make sure you touch every part of your body with love, while feeling deeply grateful for your arms, legs, toes, hands, etc.
- Cook your favorite dish for yourself.
- Take yourself on a solo hike (keep your phone on airplane mode – use it for emergencies only!).
- Go to your favorite yoga class, then out for an herbal tea at the local cafe, and simply revel in your own company.

Using this list as inspiration, write down ten things you love doing alone. Be as specific as possible. Once you have your list, stick it somewhere you can see it. Each week, put a reminder in your to-do list or phone to book a date with yourself. Then when the reminder pops up, pick something from your list and schedule it in your calendar. Don't just say “I'll do it later,” because most likely your self-love date won't happen. If you want to be bursting with love and up your self-care, taking yourself on love dates is key.



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SELF LOVE LESSON 9

Master Your Mean Girl



This lesson is last for a reason...it's the most important (which is why I wrote my bestselling book, *Mastering Your Mean Girl*). Learning to master your inner Mean Girl is imperative because she will stop you from truly bursting with love within yourself and from learning any of the other self-love lessons mentioned. She will tell you you don't have enough time, that it's too hard, that it's too expensive, that you should be doing something else, that other people will judge you, that you're a dreadful mum/sister/friend/whatever for taking time out for yourself... Whatever your deepest, darkest fears are about yourself, she'll try to use them against you. But don't let her! Take the time to learn how to master her, or she'll be the bane of your existence and you won't be able to move forward on any of this oh-so-important self-love stuff.

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INSPO-ACTION

I have a quick three-step mastering your Mean Girl process, which goes like this:

- 1. Practice awareness.** Become aware of when your Mean Girl pops up and tells you that you're not good enough, thin enough, whatever enough. Most times we are so unconscious and not present that we aren't even aware of her internal dialogue, so bringing your awareness to her words is the first step.
- 2. Gently close the door on her.** Once you are aware that she has popped up, you can now choose to gently close the door on her. It's not about fighting her or waging an inner battle – that'll just cause more pain and suffering. Instead, it's a gentle, grateful act that comes from a place of love.
- 3. Choose love instead.** Once you have gently closed the door on her, choose to come back to your heart and choose love instead of fear. It's so much more fulfilling when you do.

Mastering your Mean Girl isn't just important so you are overflowing with love within yourself; it's also imperative if you want to experience deep love in all your relationships. Think about the stuff she says when you're about to get intimate with your love: You look fat, quickly dim the lights! Don't let him see your cellulite! Make sure you're on top so he can't see how flabby your belly is when you're on the bottom! She is also the voice that will say, He's too good to be true! It won't last — you're not good enough for him! Did you really think he would like you? Get over yourself! And if you don't learn to master her, she will ruin your life and your relationships. So make the commitment now by signing the sacred contract to master your Mean Girl once and for all.

I, [NAME], commit to mastering my Mean Girl every time she pops up. I will take myself through the three-step process and return back to Love with as much ease and grace as possible.

This I promise.

[Signature]

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There you have it! Nine Self-Love Lessons you can master! Have fun with them, don't take it too seriously, and – most important of all – remember that you are not broken and you are worthy of feeling infinite love within yourself. It IS your birthright because you are LOVED!



Meet Melissa

BESTSELLING AUTHOR + SPEAKER + PODCASTER

Melissa Ambrosini is the bestselling author of [Mastering Your Mean Girl](#) and [Open Wide](#), the host of the top-rated podcast [The Melissa Ambrosini Show](#), a keynote speaker and spiritual teacher.

Named a 'self-help guru' by Elle Magazine her mission is to inspire others to unlock their full potential and live the life of their dreams.

With a deep commitment to empowering others to become the best version of themselves, Melissa believes that change is possible for everyone. She strives to inspire others to reclaim their power, step into their truth, live with intention, and move in the direction of their dreams.

Link to her socials:



Call and speak with a graduate right now. Our Admissions Representatives are all graduates of the Health Coach Training Program and can answer any questions you have.

Call (877) 780-5408 (U.S.) or +1 (212) 730-5433 (International)