



## Things to Ponder

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### Love Yourself!

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*By Judi Moreo*

Who is the most important person in your life? If you instantly thought of someone other than yourself, you may want to pause for a moment and re-think the question.

The single most important relationship we have is the one with ourselves. It is the foundation upon which all other relationships are built. Loving and caring for ourselves is the prerequisite to having lasting, loving relationships with others.

Many of us spend a good deal of time comparing ourselves to others, wondering if we are "good enough" and perceive ourselves to be lacking in some great, lovable characteristic. We then set about proving to ourselves how unlovable and unworthy we are. Why would anyone want to be with us? If we don't love and honor ourselves, why would anyone want to be loved by someone so unworthy as we perceive ourselves to be?

Loving yourself does not mean being arrogant or egotistical. It doesn't mean putting yourself first at the expense of others, always winning or only looking out for "number one." Learning to love ourselves is not a selfish act. When we understand and honor our values, set boundaries and are willing to give love to ourselves, we are teaching others how to treat us by showing them how we treat ourselves.

It is easy to love others when we understand and honor our values, set boundaries and come from a secure, loving place. To give love, we must have love. We can't give something we don't possess. To have love, first love yourself. It is then you will love others for the pure joy of loving them...and they will love you.

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