

Give yourself a little love this Valentine's Day



By Richard Scott

Traditionally, we think of happy couples on romantic dates during Valentine's Day. For the lonely, this special day can be an extremely anxious time, especially when it comes to... finding 'the one'.

For those who feel all alone, each rejection can seem like a complete failure, leading to feeling unlovable, not good enough and 'un-fixable'.

Here's a different approach... how about loving the most important person you could possibly love... you?! Here's how...

- 1.** Start your day with love, NOT technology. Allow yourself five minutes to plan your day each morning or to meditate.
- 2.** Talk yourself happy. Use positive language to train your mind and thoughts to become more optimistic.

- 3.** Try something new: Learn a language or go someplace new and do something you've never done before.
- 4.** Enjoy life-enhancing activities: Find a fitness regime you can stick to and discover the world of healthy foods. Spend time doing things that make you feel alive!
- 5.** Breathe, relax, and let the stress go: You're fighting against yourself by thinking you can control anything other than your own thoughts and actions.
- 6.** Focus your attention on the present moment and be at peace.
- 7.** Happiness requires time to relax and play. Our fast-paced world creates a goal-setting, competitive craziness that doesn't leave room for YOU-time.
- 8.** Be patient, be grateful and appreciate your talents, self-beauty and brilliance. *You're awesome!*

Richard Scott combines psychology, NLP and CBT with over 12 years' full-time experience in clinical hypnosis for the fastest, most successful results. He specialises in stress and anxiety control, weight management, confidence and self-esteem, and empowering women. He is the President of the Australian Association of Professional Hypnotherapists and NLP (AAPHAN).

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