

Self-Love

Transformational Life Coaching and Seminars

The Book about Loving you
with Self Care

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You might ask so “what is Self - love and Self - care?”

In self-love – you say “yes” to yourself each time you say “no” to doing for others first.” and then the true happiness and love that our relationship “with ourselves” deserves can become a reality. **This true happiness and love builds self-esteem. To forgive yourself is another way of showing love to yourself.** We are the hardest on ourselves. When we don’t think we have done good enough or we don’t like ourselves it is self-abuse. But if we were abused as a child why wouldn’t we continue to abuse ourselves? It feels familiar to us.

Lack of self-love begins in childhood when we are in an unlovable home environment. **People who grow up in a dysfunctional family may fail to learn the difference between love and sympathy.** Children growing up in these conditions may learn to have sympathy for others which creates emotional crippling in their parents' lives and the child feels that the only time they get attention is when they show compassion or sympathy for the parent. They feel that when they show sympathy or forgive, they are showing love. They are rescuing the parent without realizing it and enabling abusive behavior to continue.

Then when they grow up they get familiar with negative love from others and they get a warm, caring, sharing feeling from helping their partner - a feeling they call love.

Mature love requires the presence of healthy and flexible boundaries. Sympathy and compassion are worthy qualities, but they are not to be confused with love, especially when boundaries have become distorted. When we can reparent or love ourselves first, we can take the same approach toward our partner - and then the true happiness and love that our relationship deserves can become a reality.

There is so much more to learn on this subject and I continue to help others learn the gift they can give themselves by taking care of themselves using activities to help them. Enjoy the list below of self-care activities and feel the difference.

To learn more about this coaching support group called “Break the Bond of Codependency & Learn to Love the True You!”

To see a list of all the webinars, groups and products available to learn more see the last page.

1. Talk to strangers
2. Give it seven minutes
3. Schedule FaceTime
4. Touch someone literally
5. Use Facebook wisely
6. Be a good neighbor
7. Throw a dinner party
8. Get creative
9. Talk about it

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THE BIG LIST OF SELF-CARE ACTIVITIES

Check the ones you are willing to do, and then add any activities that you can think of:

- Talk to a friend on the telephone
- Go out and visit a friend
- Invite a friend to come to your home
- Text message your friends
- Organize a party
- Exercise
- Lift weights
- Do yoga, tai chi, or Pilates, or take classes to learn
- Stretch your muscles
- Eat your favorite ice cream
- Go for a walk in a park or someplace else that's peaceful
- Go get a haircut
- Sleep or take a nap
- Go outside and watch the clouds
- Go jog
- Ride your bike
- Go for a swim
- Go hiking
- Do something exciting like surfing, rock climbing, skiing, skydiving, motorcycle riding, or kayaking, or go learn how to do one of these things
- Go to your local playground and join a game being played or watch a game
- Buy something on the internet
- Go play something you can do by yourself if no one else is around, like basketball, bowling, handball, miniature golf, billiards or hitting a tennis ball against the wall
- Get out of your house, even if you just sit outside
- Plan a trip to somewhere you've never been before
- Go to a spa
- Go to a library
- Go to a bookstore and read
- Go to your favorite café for coffee or tea
- Visit a museum or local art gallery
- Go to the mall or the park and watch other people; try to imagine what they're thinking
- Pray or meditate
- Go to your church, synagogue, temple, or other place of worship
- Cook your favorite dish or meal
- Cook a recipe that you've never tried before
- Take a cooking class
- Go out for something to eat
- Go outside and play with your pet
- Go borrow a friend's dog and take it to the park
- Give your pet a bath
- Go outside and watch the birds and other animals
- Find something funny to do, like reading the Sunday comics
- Visit fun Web sites and keep a list of them
- Watch a funny movie (start collecting funny movie to watch when you're feeling overwhelmed)
- Go to the movies
- Watch television
- Listen to the radio
- Go to a sporting event, like a baseball game
- Play a game with a friend
- Play solitaire
- Play video games
- Go online to chat
- Visit your favorite Web sites
- Go shopping
- Do a puzzle with a lot of pieces
- Sell something you don't want on the internet
- Create your own Web site
- Join an internet dating site
- Buy something on the internet
- Get a massage
- Go for a drive in your car or go for a ride on public transportation
- Eat chocolate (it's good for you!) or eat something else you really like
- Sign up for a class that excites you at a local college, adult school or online
- Read your favorite book, magazine or newspaper
- Read a trashy celebrity magazine
- Write a letter to a friend or family member
- Write things you like about yourself on paper
- Write a poem, story, movie or play
- Write in your journal
- Write a loving letter to yourself when you're feeling good and keep it with you to read when you're feeling upset.

- ___ Join a group
- ___ Call a family member you haven't
Spoken to in a long time
- ___ Learn a new language
- ___ Draw a picture
- ___ Play a musical instrument or learn
how to play one
- ___ Write a song
- ___ Listen to some upbeat, happy music
(start making a collection to play when
You're feeling upset)
- ___ Turn on some loud music and dance
- ___ Memorize lines from your favorite movie,
play or song
- ___ Make a movie or video
- ___ Take photographs
- ___ Join a public-speaking group and
write a speech
- ___ Participate in a local theatre group
- ___ Sing in a local choir
- ___ Plant a garden
- ___ Work outside
- ___ Knit, crochet, or sew—learn how to
- ___ Make a scrapbook with pictures
- ___ Paint your nails
- ___ Trim your nails
- ___ Change your hair color
- ___ Take a bubble bath or shower
- ___ Work on your car, truck, motorcycle or bicycle

- ___ Write a letter to your higher power
- ___ Make a list of ten things you're good at or like
about yourself and keep it with you to read
- ___ Sing or learn how to sing
- ___ Paint a picture with a brush or your fingers
- ___ Make a list of the people you admire and describe
what it is you like about them
- ___ Write a story about the craziest or funniest thing
that has ever happened to you
- ___ Make a list of ten things you would like to do
before you die
- ___ Write a letter to someone who has made your life
better and tell them why (you don't have to send
the letter if you don't want to)
- ___ Create your own list of self-care activities
- ___ Other ideas: _____

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www.KathydiGiacomo.com

Here is the list of webinars, groups and products available

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About KATHY DI GIACOMO

Kathy is a dynamic speaker-writer and focused inspirational motivator. Her coaching clients increase their sense of wholeness and healing while learning to live their bliss and serve their communities. She believes God is the business partner of choice and shares recovery principles and insightful spiritual wisdom that will set you free to confidently succeed in your life goals and dreams.

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- **How to Set Healthy Boundaries E-BOOK**
 - **The Art & Science of Transformation WORKSHOP**
 - **4 Keys to Achieve Purpose Passion Freedom E-BOOK**
 - **Hope and Love for New Life New Webinar**
 - **Stop the Bully in your Head 6 weeks online webinar**
 - **[Break the Bond of Codependency & Learn to Love the True You!](#) Click here**
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