

Step Back...

Have you ever felt like you were better at giving advice to others than to yourself...

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When we give advice to others, especially those we care about, we are usually Positive, Affirming, Loving and Encouraging; but... we are also Firm and sure of ourselves, because we know the advice we are giving will help them.

I was reading a book about some very successful businesswomen who were writing advice letters to their younger selves. It was fascinating what these women had to say to their younger selves, when they were 17 or 24 or even 35 years old; they were much gentler and firmer with themselves in their letters, than they "actually" were with themselves back then.

In the moment of the day, we can be so hard on ourselves, no wonder why we get apprehensive or doubtful. If we were as hard on the people around us as we are on ourselves, we would probably not be very encouraging or fun to be around.



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After reading the letters of advice these successful businesswomen wrote to their younger selves, I could see how this was the same type of advice we give our friends.

You are a lovable person
You are a caring person
You are very talented
You are beautiful (I see you through eyes of love)
You are smart

And...

Be patient; a hasty decision right now, can affect your whole life
Don't doubt yourself; go with your intuition
Don't be afraid; you can do it
You need to slow down and take better care of yourself
Don't give up; tomorrow is going to be a better day
Don't wear that dress!

So, why not give this same advice to ourselves right now; we can be a Best Friend to our own self, starting today, let's not wait 20 years...

Quote:

"Love yourself - accept yourself - forgive yourself - and be good to yourself, because without you the rest of us are without a source of many wonderful things."

Author: Leo F. Buscaglia

As we look back at our younger selves, we can see how **if we had been better friends to ourselves** we could have helped ourselves so much more.

So, Why not **start right now!**

What if you were to write yourself a letter every week with Positive, Affirming, Loving, Encouraging, Firm words of Advice...

What advice would you give to your younger self?

What would you say to your Best Friend?

Just stepping back and seeing a different, more loving perspective of our self can do amazing things.

Have a wonderful day!

*With love,
Tammy Taylor*

Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control...

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