



## **Woman, loving yourself is your priority**

By Dora Ines Grosso Garcia

**Create the relationship with yourself.**

**Self-love is the way we achieve balance and inner harmony, when we love each other we find that wonderful Being that we are.**

**Woman**, there is an opportunity at every moment to be connected with your inner being, stop looking outside for the love that you will find in you, you are your own complement friend, sister, mother, wife, companion, daughter and more, you are like the **water** that flows and where you go, you create life, you water the dry, the sterile becomes nutritious with your love.

**Tips to create the strength of your love: WOMAN**

- Reiterate yourself and recognize how beautiful you are.
- Choose to create positive, loving, healthy and comforting thoughts.
- Love is the most powerful healing force, love unconditionally, without expectations, with your eye color, your size, your height, your age, as you are.

**I love and accept myself as I am.**

- Be aware that love for yourself strengthens physical, mental, mental, emotional and spiritual health.

- Create your circle of love, surround yourself with beauty, joy, harmonious music, constructive books, frequent nature, observe the sun, the stars and all the beauty of life, do what you enjoy the most.
- Be attentive to your inner dialogue, what you say at every moment, in your mind, the inner monologue, is creating your reality, then it must be positive, and nutritious for you, cheer up, you are wonderful, thank you, I recognize you as My best friend, I forgive myself, I approve, I'm proud of me. **Everything is perfect in my world.**
- Live in the present to create a wonderful future for you. **I am happy here and now, thank you.**
- Drink plenty of water and eat nutritious and healthy foods such as fruits, vegetables, honey, and everything that gives you life. **Self-care**

**The woman is like water**, indispensable and crystalline, giver of life and pleasure, the woman complements this world with her beauty and strength, we are the wonderful experience of growing and giving our gifts to the world.

Woman, love is the first thing to be able to love others and teach that it is the love that is the reflection of you. **I am the energizing force of love, I am life and fulfillment.**

**DORA INES GROSSO GARCIA**  
psicóloga Holística  
doraigross@hotmail.com