

# “Give Yourself A Hug”

by Dede Lyons

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o you want to feel really good about yourself and attract love? The one common thread that connects us all is our desire to be loved unconditionally. Unconditional love is the feeling of being loved solely for who we are... and nothing more!

I tell all my students that love is the most essential ingredient and the foundation of my Feel Good Express lifestyle program. My mantra is: “love is the only tool you need.” It nourishes the soul and keeps you young, healthy and happy.

The most important relationship in life is the love relationship you have with yourself. When you truly love yourself, you will be able to love others more deeply and passionately. You are free and independent of the need to look outside yourself for a loving relationship to complete you.

Giving and receiving love, on a daily basis, is the only way to live life. It doesn't necessarily have to be romantic love, it can be loving a friend or a family member. As we all know, unconditional love is the best feeling in the world. People often associate this kind of love with their pets, since they feel so loved and adored when no judgments or strings are attached. You have the power to give yourself the gift of unconditional love.

Often my clients and students tell me they don't really know how to love themselves and they feel disconnected to their hearts. I recommend the following daily “**Five Feel Good Express Love Tools**” to empower you with joy.

**Mirror Love:** Wake up in the morning, look in the mirror and say out loud: “I love you and you are so lovable.” Feel and speak from your heart as if you are talking to the little girl or boy inside of you.

**Love Your Gifts:** Write down daily all the wonderful gifts that you are grateful for in you. “I am grateful for my compassion, my inner beauty, my ability to nurture, my sense of humor, etc.” Your list will expand as you begin to truly own your gifts and feel more loving toward yourself.



**Love Support:** Surround yourself with loving and supportive family members, friends and co-workers who are rooting for you and accept you unconditionally.

**Give & Receive Love:** Reach out and say loving words to your support group. Let them know how grateful you are to have them in your life. Make sure your heart is involved in your voice.

**Three Hugs A Day Diet:** Raise your vibration level and hug at least three people every day. If you get to the end of the day and you realize you have only hugged two people then hug yourself.

Practice these “**Five Feel Good Express Love Tools,**” make them a part of your everyday life, and watch your self esteem rise. You will feel more lovable and worthy of receiving the unconditional love you deserve.

*If you would like more information on The Feel Good Express, please email Dede Lyons at [dede@feelgoodexpress.com](mailto:dede@feelgoodexpress.com) or visit her website at [feelgoodexpress.com](http://feelgoodexpress.com). You can also view her “Feel Good Tweet of the Day” on Twitter @dedefeelsgood.*

