

Because You Deserve It!

"There can be no spirituality, no sanctity, no truth without the female sex."--Diane Frolov and Andrew Schneider The nurturing nature of women is somewhat of a phenomenon in this World. Is there any other creature alive today that can do as much as women do? From holding down a full-time career, to caring for a family and then still managing to find time to cultivate a loving relationship - women really do it all. Well, almost! The cost of all this nurturing has a very high price. Women often neglect themselves, ignore their needs and suppress their desires. After all, if a woman took time for herself she might not have enough time to care for others. As a result of all this self-neglect, many women suffer from depression, low self-esteem and basically live out their lives as social recluses by retreating to their homes so that they can serve as the perfect housewife and mother. It does not have to be that way! A woman can be the perfect mother and companion without sacrificing herself over an open fire pit. All it takes is a little bit of planning and the realization that women can certainly find the time to love themselves. Here are just a few ways that women can fall back into love with themselves!

1. Most women have issues with their bodies. There is at least one part of their bodies that they despise and would change if they could. Instead of focusing on the negative why not look at the positive? Your body is truly a temple and it should be treated as such. Stop the negative talk once and for all. Focus on the things you like about your body. Then pick a day, preferably when you are home alone, to celebrate your body! Treat yourself to a manicure, pedicure, facial or bubble bath. Take the time to commemorate the woman you are and rejoice in the splendor of all that is YOU!
2. Juggling your life and wearing so many 'hats' in daily living is bound to make any woman feel stressed out. Explore ways that you can de-stress each day. You don't need a lot of money to find ways to soothe yourself. Buy a book about the art of meditation or go to a yoga class. No matter which method you use, taking the time to de-stress will make you more able to cope in difficult situations plus it will make you a nicer person to be around!
3. Invest in your own happiness by treating yourself to a special keepsake to celebrate the newfound love you are cultivating for yourself. An exceptional idea is to invest in a quality piece of exquisite handmade jewelry which you can wear everyday on your journey to self-adoration. Let the piece of jewelry serve as a reminder of how far you have come and how far you still have to travel. Semi-precious stones like garnets or pearls combined with the simplicity of pure silver can turn a simple necklace or bracelet into something spectacular. And you don't even have to break the bank for this indulgence!
4. Create a gratitude journal to write down all the things you are grateful for each day and at least on thing you love about yourself. Make it more gratifying by using a special journal for the occasion, perhaps a fabric-covered notebook in your favorite color or one covered in tiny ribbon rosebuds. Use the journal as your very own personal cheerleader. Whenever you are having a bad day, skim through the journal and read what you were grateful for on past days. Reminiscing through your past journal entries is an awesome way to gain perspective and get right back on track. Plus, it is a guaranteed way to bring that dazzling smile back to your face! These are only a few ways to demonstrate the love you have for yourself. Use this knowledge to get the ball rolling so that you can find even more ways to show yourself that you care! And remember you cannot truly love another person until you love yourself F-I-R-S-T!

About the Author

Jewelry Artist Gloria Gangi has a wide selection of stunning handcrafted jewelry to choose from. For exquisite, handcrafted jewelry please visit:
<http://www.GloriaG.Etsy.com>

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