

## Love Your SELF First: Finding Joy in the Golden Rule

Summary:

The **Golden Rule** is the oldest and most universal code of living and working together.

This basic rule actually teaches us to look to our own wants and desires first, encouraging us to **Love Ourselves**

First we **Acknowledge and Accept** ourselves, just as we are, and life as it is around us.

We then must **Believe the Best** about ourselves and life, seeing the good things and knowing that we can use those good things to overcome the not-so-good.

When we **Consider the Consequences** of the actions we take, we love ourselves enough to stop and think.

**Distance the Drama** to see more clearly what is truly driving the situations around us.

Remember to **Express Emotions** appropriately to avoid falling into automatic actions that don't serve us for good.

By **Feeling Faith** moving forward, we cultivate excitement about what is to come and what lessons we will be learning next.

Only when we **Give Gratitude** can we truly embrace who we are and what we can become.

Life is not easy, and when we **Gather a Tribe** to find support and companionship, life is more bearable.

We find that we **Dance the Steps** as we go, backward, forward, side to side all the way.

Look forward and give yourself a **Road Map** with a mission statement, vision board or other type of motivation to help you see your beauty and worth.