

career

e.g. job meaning

self-love



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Aly Scott is the founder of StyleChic, a global VIP shopping and styling company catering to all body types, lifestyles and budgets. She then launched JILRO, a clothing line breaking all sizes barriers. [www.stylechicla.com]



Throughout my life, I was told, “If you love yourself, everything will fall into place.” For years and years, my brain understood this to be true. Then my heart followed suit. Yet it still didn't completely click.

I yearned for this concept of self-love to move through me, to my core, the way other awareness had. Finally, while working with a deeply connected soul healer, Kirstin, I understood.

Deep down in my soul, it clicked and began to form. Speaking from my truth, from my heart – **I'm ok. I'm showing up for me. I love me.** It's a realization that gets more powerful each day. If I don't have self-love, I have

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nothing.

In the past, I always felt a need to give, give, give, but I didn't know how to receive. I thought I could help others while brushing my own needs aside. Now I realize that I'm part of the equation.

Balance is the key, and to balance the see-saw of life, I have to take care of me first. I have to give to myself, to my heart, to my confidence, and spirit.

Kirstin taught me that I'm the only version of me that will ever exist on this planet, and I am perfect as I am. I need to live, breathe, and exist from my heart. When I cherish and love that heart more than anything else in this world, everything else follows.

Just a few weeks ago, one of my teacher's said, "Take that radiant light you project outward and put it back on yourself." And I got it! To stay out of the darkness and give unconditionally, I have to light from within, and be my truth. For the better of everyone else, I must love myself in such a way that I come first.

When you feel off your path, sit with yourself and meditate, or take a walk and look at the beauty in nature. Breathe in deeply and come back to you.

Put your hands on your heart and feel your love, your truth, your radiant light. The light starts from you. The light is yours and only yours, a gift from the universe to you. Appreciate it. Inspire from it. Let it be your guide.

Love from the inside, out. To love yourself, just as you are, flaws included, is to be at peace.

- Aly Scott

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your turn

When was the last time you helped out a friend or family member?

Now when is the last time you let a friend or family member really help you?

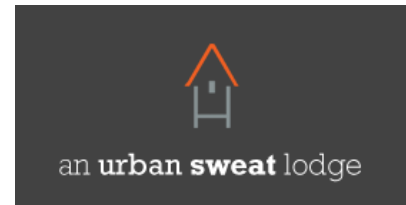
When the opportunity arises, let someone help you. Pay attention to see if how it helps your relationship.

today's poll


What percent of your thoughts are optimistic?

- 99+% - I love life!
- 70% - I keep a positive outlook most of the time.
- 40% - There are a few things I still enjoy.
- Below 10% - I'm happiest when I'm not thinking.

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