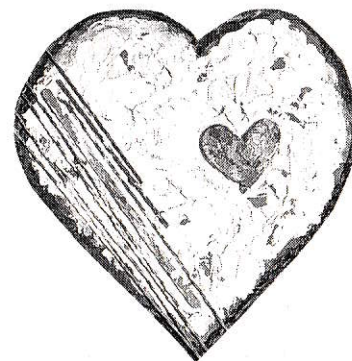


LBRIS

We know  
books

*Clara Toma*



# I love me

**108** ways to give ourselves love

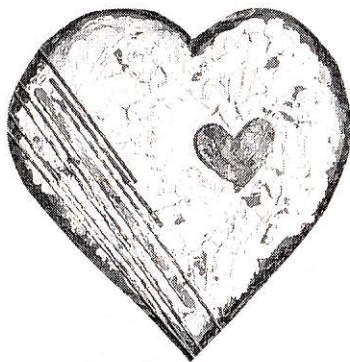
Carte Inspirată  
2025

## *Love yourself Every Day!*

You will see how, over time, love for yourself will transform your life and you will live more and more in the vibration of well-being.

I would be happy, if you feel like sharing with me how you love yourself, to write to me at the e-mail address: [traindclaritatea@gmail.com](mailto:traindclaritatea@gmail.com)

With love,  
Clara Toma



## 1. **Be aware of what you do with pleasure and ease and what you don't**

There are activities, actions, tasks that we usually do naturally, easily and with pleasure. We feel like "we were made for it." Or as if everything is "a flower in the ear". Because we are different, these activities, of course, differ from person to person. One form of love for ourselves is to observe, to realize what are these activities that we do with great ease and even with great pleasure. For me, for example, it's natural and easy to write. Articles, poems, motivational texts, novel scenes. But with one condition: not to be pressured by a deadline or a requisite. I also find it easy and enjoyable to cook all sorts of culinary treats. But with one condition: not to be forced to strictly follow a recipe. In other words, I like to cook creatively and spontaneously.

There are other activities that I completely dislike, in whatever conditions I would do them, such as washing dishes or ironing. It is important to know what we like and what we don't like, because when we decide to give ourselves love, care, and respect, we need to have a starting point about what activities we choose to do and what to avoid, in the measure in which this is possible.

Take a few minutes off, reflect on all the activities you enjoy doing and which you enjoy doing easily and

then write them down in your diary, or on a piece of paper.

Then reflect on some activities that are totally unpleasant or difficult for you to do and write them down on paper.



## **2. Delegate unpleasant activities to someone or find a different way to approach them**

When we don't like an activity, we tend to avoid it, postpone it, forget about it, or try to leave it in the care of others. Once you have identified the activities that you do not like at all, you will see to what extent you can choose to give up doing them, without the effect of this choice affecting you negatively. I will give you an example, also based on my experience. Like I said, I hate washing dishes. For a long time in my life, I thought that if I let the dishes lie in the sink for a few days or even a week, until a housekeeper came to wash them, I would protect myself from something I didn't like. I just realized that on the one hand I was really protecting myself from an activity that made me very unwell, but as a side effect, subliminally, the desolate landscape I saw every day in my kitchen, with a mountain of dirty dishes in the sink, it affected me negatively. I'm not talking about the fact that I always avoided inviting my friends home, even though I really wanted to, because I was

just ashamed to expose them to the "wonderful" scenery in my kitchen.

I finally realized that the damage I suffer by protecting myself from washing dishes is too great, and I practically realized that it wasn't really a form of respect and love for my person to deprive myself of the visits of my friends, and the joy of cooking and enjoying a good meal in a clean kitchen. So I made a decision that I thought would come with more benefits for me and my loved ones in my life, than to avoid washing dishes as a form of respect: I chose to pay for the services of a lady who comes to wash my dishes three times a week and from time to time, I also "enjoy" myself washing at least my cup of coffee or a plate that is not too dirty. Why don't I buy a dishwasher? Because it seems to me that this way of cleaning involves the use of a large amount of water and detergents, and one of my decisions is to pollute the planet as little as possible and try to prevent, as much as possible, unnecessary waste of water.

I suggest you also consider which of the activities you do not like and avoid or postpone or even do against your will could be delegated to someone else, for a sum of money, against an exchange of services or could be done in a way that affects you negatively as little as possible. The goal is to find the most appropriate way for yourself to feel that you are being respected, cared for, and loved.



### 3. Grant yourself respite, forbearance, indulgence

If an activity that you don't like can't be avoided or delegated to other people, accept the reality that it is necessary to do it for your own good, even if you dislike it or you do it with difficulty, without enthusiasm. Many times, the bitterest pills or herbal teas, which we swallow hard and loathing, have a beneficial effect on us. Take a step back and don't berate yourself if you see that you are repeatedly postponing an unpleasant task. Be aware that you have the right to postpone or not to do something, but at the same time be aware of the consequences of the postponement. Not leaving the house in very cold weather to pay a bill can be a form of protection, care or pampering that you give yourself. But if, by failing to pay off your bills, you risk to be disconnected from Internet or electricity, for example, and then lose significant time and energy to reconnect it, plus paying the penalties, this does not seem to be the warmest proof of love for yourself.

True love is what we show, for example, to our children. We can be lenient with them and allow them, without criticism or punishment, not to do their homework from time to time. But if we tolerate this task of avoiding homework frequently or all the time, it is clear that the effects on them will be unpleasant – very low grades, the risk of not passing

the class. And which parent can say that he loves his child if he does not care about the medium or long-term consequences of avoiding an activity necessary for the child's development and future, even if the activity displeases the child?

Therefore, grant yourself indulgence and respite with wisdom, conscience, and love.



### 4. Reward and value yourself!

We tend to reward ourselves, our children, our partners or our employees especially for the jobs and activities that required a lot of effort, a lot of time, a lot of endeavor or a lot of sacrifices. In a competitive world, we are inclined to run for trophies, to struggle more and more to achieve various goals. And when we reach an achievement in which we have invested enormous effort, a lot of time, a lot of energy, a lot of emotional and nervous consumption, sometimes, only sometimes, we reward ourselves for this achievement. Most often we reward those around us and most often we expect to be rewarded for the "sacrifices" made. It is natural and important to value the effort and success in achieving a goal. It's just as important, if not more important, to value and reward what we do easily and happily. The activities we do naturally, as simply as we breathe, and especially those we do with pleasure, as if we would enjoy a cake, we tend to leave them unpaid, uncel-

celebrated, unappreciated. I've been writing for years and years, within my remembrance. But because the writing itself makes me happy, I never thought I should indulge in a cake after writing an article. As, for example, I indulge in a cake after making some inventories of books or sales reports, activities that bore me very much and I feel proud when I manage to finish them on time. It is a real balm for our soul and for our being to recognize our talents, native abilities and activities that we do easily, with the energy of grace. And it is a wonderful gift of self-love and gratitude for the gifts we have been endowed with, to value ourselves for everything we do with pleasure, from the heart, from a single breath. Let's value ourselves, let's reward ourselves, let's celebrate our successes. Choose, out of love for yourself, to reward yourself somehow, even symbolically, both for what you do with weight and with great investment of effort, will and especially for the activities you do, every day, with joy, with pleasure, easily.



## 5. **Seek, as much as possible, your passion, your purpose, to become your profession**

The more activities we do that make us happy and make us feel that time passes as quick as the wind and the thought, the more we practice love towards ourselves. The ideal is, for the profession we do, to include in it as many of the activities we like, as many

of our passions as possible. Unfortunately, many people, out of fear and financial insecurity, choose professions they do not resonate with, professions in which all activities seem difficult, unpleasant, boring. Sometimes, for a while, things cannot be changed and it is necessary to practice something we dislike in order to ensure our daily living, for us and for our family. For many years I practiced the profession of lawyer, a profession that although it honored me and made me feel respected by those around me, still, did not bring me inner joy. I was making a lot of money, my financial situation was more than satisfactory, but my soul had become sad and dissatisfied. By choosing financial security, I thought I was protecting myself from other risks and inconveniences. I once believed that financial security and a satisfying life are forms of care and love for me and my family. And they really were. It's just that when we feel that, beyond financial satisfaction, our soul needs something else to laugh, to sing, it is important to give ourselves this form of love manifested by seeking to transform ourselves so that we feel in tune with the needs of our soul.

If the soul cries and the body is too tired, doing something it does not like or is too hard for it, it means that we do not love ourselves completely. Even if for the moment you need to stay in a job that does not correspond to your nature and purpose, accept this fact with love, while striving, with thoughts