

EP 196 - Christianish 5 Steps to Learn How to Love Yourself

This is seriously one of those we listen and we don't judge moments because I am guilty of not following my own advice and doing something that I constantly tell you not to do. So welcome to Christian-ish. This is the podcast for women who have bibles but don't always have boundaries and my name is Keshia Rice.

I am a dating coach and hypnotherapist. I help women learn how to heal from their unhealthy relationships and attract loving, healthy, cherished relationships. So the thing that I did that goes against my general advice involves de-centering men and I say this as a married woman.

You may have noticed that this podcast is late and the reason why it is late is because I got a little bit too caught up in spending time with my husband. We just had like a whole bunch of different things that were planned and then we did those things and then it turned into well let's let's go explore this place and let's let's go do that and I ended up basically neglecting the time that I had set aside for myself and for you for recording this podcast for posting content on social media all of that stuff and you may hear that and think okay that's not the worst thing in the world like you're in love and spending time with your husband that's that's a great thing that's how relationships are supposed to go and to an extent yes but at the same time one thing I am always telling my clients is that you cannot pour out of an empty cup and it is so important that you fill yourself first and then you learn to love everyone else and I do mean everyone else from the overflow so with that in mind today I want to talk to you about how to fall in love with yourself because we teach others how to treat us and while the people in our lives may love us and they may be good people you know my husband is a good man he's a great man at the same time we have to make sure that we always prioritize ourselves and not get carried away and always focusing on what other people want to do if it takes away from our time you know pursuing our goals and things like that because when we prioritize ourselves other people prioritize us too so with that said you know I really want to talk about this whole idea of self-love because even the bible talks about how we are fearfully and wonderfully made how we are God's handiwork um how we were created with intention and I believe that if we truly embrace those concepts one we will love ourselves more two we will set higher standards for how other people treat us and love us and three we become more attractive we get more love into our lives I know that even in my marriage the periods where I am the most focused on myself are when I am at the most attractive to my husband and the most magnetic so again it is important whether you are in your single season right now and you are building that love for yourself so that you have that foundation for the relationships you want to attract or if you are in a relationship or maybe you're married and you want to make sure that you keep the spark going in your relationship but also the spark going into yourself that you are making this whole self-love thing a priority so with that being said let's talk about five ways that we can build this this love for ourselves number one is to write to yourself so just like you see all those inspirational videos on youtube and tiktok and instagram I want you to start writing some inspirational messages to yourself and I want you to hide those around your house or your apartment or a car whatever you have to remind yourself how great you are and to give yourself some encouragement when you need it so you're going to take these messages you're going to write them to yourself just take scratch paper and write a message and fold it up and you want to do things like put it in your jacket pockets right I am currently recording this at the

end of April so it is spring which means that it's going to start warming up very soon which means that if I were to put some notes to myself in the coats in the pockets of my winter coats I won't see those for months but who knows when I discover that it might be just the thing I need that day to brighten my day so you're going to write notes to yourself just encouraging yourself and you're going to hide them in places that you won't necessarily see them right away but that you will discover them later the second thing that you're going to do is create routines for yourself so this could be a morning routine of journaling reading the bible prayer meditation exercise you can do this as a night routine you could have a midday lunch routine it really doesn't matter the time of day as long as you have a routine again talking about taking my own advice I generally have a night routine that is a time spent for reflection for writing um often journaling for meditation and then oftentimes this is where I get my spark to say something to you as in record a video for you or make a post or record this podcast because it is in my journal and reflection time that I will have a thought and it's like oh okay I think other women need to know this too let me let me share this thought and again the past couple of nights I have not been having um this nightly reflection time because um my husband works out of town a lot and since he's been home a little bit more as of late I kind of let that go but I am getting back on track now as I record this and as I have my cup of tea next to me and I also have my journal right next to me because I was just journaling before recording this and it feels nice to have this moment again and to recommit myself to it and that is another big thing because making these commitments to yourself and keeping these commitments to yourself leads you to have that same expectation of other people that they keep their commitments to you as well our relationships are a mirror to our relationships with other people are a mirror to our relationships with ourselves so it is so important that we keep these commitments and that I take this time right so that brings me to number three and that is to do new things just like keeping your commitments to yourself and keeping your routine that you committed to um improves your confidence and increases your self-love so I'm just trying new things because in trying new things you show yourself sides of you that you didn't know existed you show yourself sides of you that need to be nourished and you build this confidence because you learn new things which always makes you more confident it also makes you more attractive to just know different things and have a variety of experiences and once you start to do all these new things and build this confidence one of the things that is going to make you so much more attractive to other people is that you will reach a point where you no longer need another person you no longer need a partner or a spouse you move from needing to desiring you move to a place where you desire a partner you desire to get married because you understand how the right partner can benefit your life you understand how much fun you can have with another person you understand that it feels great to love and to be loved but at the same time you don't need that you know that you already have a great life and you're looking for someone who adds to that which also means that your standards are going to be higher and you're going to be in better relationships because you're not operating from a place of desperation you know it's just like going to the grocery store when you're hungry right like you never go to the grocery store when you're because you end up just seeing a bunch of junk and buying it because those chips and cookies and things like that are quick and so much easier to open right away as opposed to the good nourishing stuff that takes time to cook so it's the same with our lives and our relationships when we build up our self-love then we don't go shopping for junk and partners right we will only accept partners that are nourishing to our souls and again add to our lives so doing new things is so key in building this self-love it's one of the reasons why I love solo travel right I like to travel to different countries to different cities by

myself because when I'm there it encourages me to try something new it encourages me to be different versions of myself not to be someone else but to explore sides of of my personality that I don't necessarily explore as much at home and this is not this doesn't have to be anything dark or insidious but I can think of a great example for me is I recently went to a painting class not too long ago and I have never considered myself artistic I still don't honestly and I don't think that my painting that I did was that great but I enjoyed it I had a good time I had fun and it made me think about the fact that one of the things that when I travel I do is whenever I go to new cities like I make a beeline to the museum museums are the first places I go and I have to see museums every time I travel I have to see what the art is like in the city and now I've also gotten into larger cities that have murals and have street art going on those tours and being able to see the outdoor art as well is something that's kind of like a a must do for me now and I say that because it makes me think okay well I travel to these cities and I make it a priority to explore the art here at home I recently did a painting class and really enjoyed it and it makes me think okay there's this artistic side of me that I'm not exploring enough I'm not getting creative enough and part of me loving myself is really exploring all of these sides of me and being able to embrace them even if I'm trying to think of the best way to say this because I have always been a high achieving woman a little bit of a type a personality and I work with women who are the same right so it is about embracing this artistic side of me even if I know for a fact it's not going to be something that I'm perfect at and I want the same for you I don't want you to look at every hobby you have as a business opportunity right like if you don't find a way to make money off of this hobby it's a waste I don't want you to stop doing things that you enjoy because you're not the best at them who cares if you're the best at them as long as you enjoy them so I want you and I want me I want us to again embrace the things that give us pleasure whether they make money or not whether we are a plus students or not at them and to allow ourselves to see how they brighten our lives fill our lives and also again talking about our relationships with others give us another way to connect with people and to show different sides of ourselves back to that painting class I went to um I didn't think my painting was that great right um it was it was okay but it wasn't it definitely was not not the best um not by a mile not the best in the class at all but as soon as my husband saw it he immediately was like oh I love it and he went and he hung it up and that's you know that was a thing like I got to see him be lit up and be excited by something that I had a good time with and I enjoyed and it made me also a little bit more proud of myself that I went and did it and it was also just again another conversation point another connection point to be able to talk about what it was that I painted and why I chose that and why I chose the colors that I chose and things like that so yeah try new things and explore all of these sides of yourself the fourth thing that you're going to do in order to fall in love with yourself even more is you are going to keep a you can call it a brag book you can call it a love file a love folder a love box whatever resonates with you but this is going to be a place where you remind yourself that you are that girl and you're going to remind yourself through the evidence that you get from other people so on one hand we don't want to find ourselves in a position that we are constantly seeking external validation on the other hand it is helpful sometimes to be able to look at ourselves through others eyes especially the eyes of people that love us you know one of the things that I do sometimes as a business owner and I'm going to be very transparent and vulnerable with you right here for a moment before I became a dating coach I was a full-time journalist and I worked in TV news but I was not in front of the camera right I worked as a producer and that is really important for you to know because when I started coaching and started creating content online that was and if we're going to be honest here still is the biggest difficult difficulty for

me is showing up in front of the camera or showing up like this where you can hear my voice because I was so used to being behind the scenes right and being the face of my business has again just been my my biggest struggle if I could give the lessons that I give teach the things that I do but pay somebody else to be the one who actually does the speaking and the pay somebody else to be the one who is in front of the camera I probably would do that right so in those moments where I'm not feeling that confident this is where my I have a brag folder not necessarily a book but a brag folder and that is what that is for I have messages from clients past clients current clients saying how I help them with their relationships and explaining how and I you know have taken those and printed them out I also have comments on social media so those of you who dm me on instagram or on tiktok or facebook you know wherever you find me and you tell me oh this video or this carousel was so helpful or you dm me with like hey I've been listening to you for a while and I really just appreciate your perspective and the advice that you give those things I print those out right and I print those out I keep them in my little folder and when I'm having these moments where I'm like maybe I don't want to keep showing up for in front of other people maybe I want to go back to being behind the scenes again and no one knowing who the heck I am that's when I pull out that folder and remind myself that this isn't about me right it's about a purpose that I feel that I have to help other women and help them overcome some of the pitfalls that I found myself in when it comes to relationships and it is also a way of increasing my confidence in general and allowing me to love myself more which again allows me to show up better in my marriage or in my relationships with my family with my friends with clients with with everyone so keep this folder as a reminder to yourself when you are struggling to give yourself the validation that there are other people that you can get external validation from that do love you and that do care about you and use that to remind you now the fifth thing that you're going to do to increase your love for yourself is you're going to be quiet you are going to practice silence and it's it's funny because as I say that I am thinking of the the Lil Wayne line where he says a real g's move in silence like lasagna and yet so many people use that in order to talk about seeking external validation so many people use that in order to front and pretend that they're being silent when they're not they'll go on Facebook or Instagram and TikTok and be like yeah yeah I'm moving in silence I'm moving in silence and it's like Trick no you're not like you're not moving in silence if you're going on social media to announce that you're moving in silence so I want you to be silent for real and I want you to do this especially after you accomplish something after you get a job promotion or after you reach a goal let's let's say you wanted to lose some weight and you you lost 10 pounds or you know I don't know your body type you wanted to gain some weight and you you gained those 10 pounds let's say you wanted to let's say you're training for a race I have a friend right now who is training for a seven mile race which is crazy but she's training not only to run the seven miles but to get it in a certain time so she was talking about how she did a segment of that like two and a half miles in a certain time she she finally got it under her goal time and she was so happy and proud which is great and I'm happy for her and I'm proud of her I hope that before she told people that that she had some time to celebrate that by herself and here's why one back to the external validation while yes I want you to have your love folder or your or your brag book that should be secondary to you validating yourself so when you accomplish things you need to take a moment to sit by yourself and pat yourself on the back and two even people who love you can be haters they may not mean to be haters but they can be and what I mean by this is that sometimes you are working towards a goal you're striving you're hitting milestones and people don't necessarily believe in what you're trying to do because of their limiting beliefs right they don't think they can do it

therefore they don't think you can do it or they're trying to be practical and logical by pointing out the pitfalls instead of allowing you to be delulu and this may come from a place of love but it can quickly tear you down and make you feel like you're less than so when you have these accomplishments when you are hitting your goals you want to take a moment to yourself to celebrate yourself to be in that place of gratitude and pride and allow yourself to sit in it for a minute before the outside world comes in and starts poking holes and I'm telling you that if you do that you will be so much more confident you will be less bothered by other people's comments and if you are a little bothered you'll have some time to think of a response to anything they say that triggers you so again these are the ways in which you're going to fall in love with yourself I don't remember I know that I'm recording this now I don't remember the order that I gave you these five things because I have them just kind of scribbled all over the place but to recap you're going to create rituals you're going to write encouraging notes to yourself you're going to have a love file or folder you're going to try new things and you're going to learn to celebrate yourself in silence so let me know which one of these things you are going to implement first and as you implement these things let me know how they're helping you increase your self-love you can find me on YouTube, Instagram, TikTok all at Keisha Rice K-E-S-H-I-A-R-I-C-E so send me a DM let me know how this was helpful again I will be printing it and putting it in my love file so definitely do that or if you are listening to the podcast make sure you leave a review tell me how much you're enjoying the show and in your review mention how much this episode has helped you so I will talk to you later I love you so much but more importantly I hope you love yourself so much goodbye