

# Hardwired *for* Self-Care



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CARE FOR YOURSELF, GOD & OTHERS  
*from a Loving Perspective*

# CARE FOR YOURSELF, GOD & OTHERS

## *from a Loving Perspective*

Scripture focus:

Mark 12:30-31

“Love the Lord your God with all your heart, with all your soul and all your mind, and with all your strength. The second most important commandment is this: Love your neighbor of yourself. There is no other commandment more important than these two.”

### How do we love ourselves?

Depending where we are in life, we may wonder about how we love ourselves. If we are experiencing difficulties in our physical, spiritual, emotional, or financial areas of life, there is a good chance if we look in a reflective manner, we will see something needs attention. Our hearts are our indicators of what life looks like in our own eyes, in others or in the circumstances we face. Granted some things we have control over and other things we don't.

Heart reflection is very important way to begin to love ourselves. In this book I am going to interchangeably use love and care as one in the same. We must start somewhere when it comes down to loving ourselves and self-care in a great beginning. We cannot add the love if we do not know where to put it. Often taking a careful inventory of where things might be lacking or needing adjustment is what is required. Being honest helps us bring the truth of the matter to light so we can grow and change.

When taking inventory, we need a guideline. The guideline needs to be rooted in love and things that are positive. Change and growth are more likely to come out of this environment. The foundation of the heart can then be a solid foundation to work from. Heart inventory or reflection from a negative standpoint or process will surely send us off course. Love will make the change permanent.

Once you take an honest inventory, then you can apply love to the areas of need.

Often when the truth of where love needs to be applied to our lives fear can rise-up as well as hurt. When they say the “truth hurts” it is often a true statement.

Looking at our human shortcomings is a hard thing to do. The world screams all these other things at us to tell us differently. We need to look at how we were raised and how we see ourselves. Looking in the mirror is the hard thing to do but it is necessary. The change starts with us. The truth then requires us to be responsible if true growth and change are to happen.

Our human heart is made to give and receive love. The areas I mentioned earlier, our physical, spiritual, emotional and financial lives will become prosperous as we learn to love and be loved. Give and receive. God loved us first. He chose us. His desire is to prosper us and has given us a hope and a future. His desire is for life, love, and prosperity in every area.

In looking at our heart we will be preparing for him to add to the love he so earnestly wants to give us. God doesn't take away. All the covenants that God made with his people were designed to add to the commitment he made with his people. The covenants never took away from his faithfulness to us. We will look at all the preparations for our hearts to be whole and loved by the mighty God we serve. We will learn about loving ourselves.



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“If we are spending a lot of our time just deflecting information and not applying it to ourselves, we can forget who we are.”

“We are all made differently and for a specific purpose. There is no one like you in the whole world.”

## To Know Me is to Love Me

How many times have we heard this phrase, “To Know Me is to Love?” Life is so fast paced today, and the information super highway is in hyper speed. Our brains have a hard time keeping up with all that is coming into our personal space.

We have become so accustomed to taking in information agendas that belong to someone else, we forget about our own needs and desires. We forget to spend quality time with ourselves. If we are spending a lot of our time just deflecting information and not applying it to ourselves, we can forget who we are.

Getting to know ourselves is the best way to start our walk of personal growth and self-care. We can do this by simply starting out with likes and dislikes, our personal style, and things we like to do in our free time. We can define habits that are good and bad, attitudes

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we hold, what our goals are, and how we interact with other people. We can define what kind of worldview to we hold and our approach to problems. Are we narrow-minded or open minded? We can look at our fears, our expectations of ourselves and the expectations we have of other people. Is our thought life negative or positive? Do we love our bodies, and our assumptions and presumptions? How far do we look for the truth of a situation? ...The list goes on.

If we know ourselves honestly, we then can become more honest with our journey of loving ourselves. When we make the commitment to break out of the status quo, and start recognizing ALL our person we will have a better understanding of how to apply love into the areas that need change for growth.

Intimacy is defined as the following: close, familiar, friendship, closeness, confidence, warmth, affection, known, know well and understanding. This description only leaves room for ONE person and it starts with self. Often,

we shy away from knowing ourselves because we are not ready to see the whole person (which includes good and bad). We are either in denial (meaning it doesn't exist), we are not ready, or we are preparing to look at ourselves.

Self-discovery is owning ourselves. This makes the way for us to start accepting who we are and take the necessary steps to advance to self-care. The sooner we do this for ourselves and the less we depend on others to point out these things, the faster we grow. This often depends on how we were loved as children.

Loving ourselves is probably the greatest way to be true to ourselves. Self-discovery is the way to learn how to love our uniqueness. We are all made differently and for a specific purpose. There is no one like you in the whole world. You will soon discover even your rough edges and all your imperfections are worthy of love. You will also find out that your weaknesses are of value too.



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Scripture focus:  
John 3:16

“For God so loved the world so much that he gave his only Son, so that he gave his only Son, so that everyone who believes in him may not die but have eternal life.”

Let us look at the following quote from Melodie Beattie, an American author who revolutionized how we look at our close personal relationships. She helped us understand what we can do to own our own lives and be healthy with other people:

“Accept yourself. Love yourself as you are. Your finest work, your best moments, your joy your peace, and healing comes when you love yourself. You’ve a great gift to the world when you so that. You give others permission to do the same: To love themselves. Revel in self-love. Roll in it. Bask in it as you would sunshine.”<sup>1</sup>

## I am Worthy

The following is the definition of WORTHY: Having merit, character, value and deserving of.

Here are the synonyms that further define this word: admirable, decent, deserving, desirable, excellent, honest, honorable, laudable, noble, reliable, respectable, satisfying, true, trustworthy, valuable, best, choice, divine, good, modest, moral, pleasing, sterling, upright, worthwhile, blameless, commendable, creditable, dependable, estimable, ethical, exemplary, first-class, first-rate, incorrupt, invaluable, meritorious, praiseworthy, pre-

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<sup>1</sup> BrainyQuote-Melody Beattie, November 19,2018, brainyquote.com



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Scripture focus:  
Genesis 1:26,27.

“Then Go said, “Let us make man in Our image, according to our likeness; and let them rule over the fish of the sea, and over the birds of the sky, and over the cattle over all the earth, and over every creeping thing that creeps on the earth. God created man in his own image, in the image of God he created him; male and female he created them.”

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cious, priceless, pure, reputable, right minded, righteous, salt of the earth, top-drawer, top-notch, and virtuous.

We are worthy so much that God sent his only son in Love for us to share the Love with us. He values us and calls us WORTHY.

Scripture focus: John 3:16 “For God so loved the world so much that he gave his only Son, so that he gave his only Son, so that everyone who believes in him may not die but have eternal life.”

We are WORTHY because we are made in His Image.

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The actions above, loving God, loving ourselves and loving others are how we are created. God’s nature is WORTHY. We are to be like him. We are WORTHY by be-



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ing His sons and daughters. He created us in HIS IMAGE!

We are given His love and reproduce His love. He is love and we are love.

When we love ourselves first (which also means we accept His love) we can love others and present His love to a dying world.

If we do not love ourselves no one will take us seriously and return the love. We can become a target for other people to take advantage of us and use us.

Love equals care equals respect equals boundaries equals safe. When we master the understanding that love is what we need, and we are looking for, we then need to engage with it. And if necessary, fight for it.

I want to include an encouraging quote from Beverly de Angelis concerning loving ourselves. “If you aren’t good at loving yourself, you will have a difficult time loving anyone, since you’ll resent the time and energy you give another person that you aren’t even giving to yourself.”<sup>2</sup>

<sup>2</sup> BrainyQuote-Barbara de Angelis American writer, November 19,2018, brainyquote.com

## Stepping Stones of Love

When we need self-love, we bring to the forefront the need to look closely at the things that need grace. We need to forgive ourselves of past mistakes and embrace the new walk we are starting. We need to know the mistakes aren’t a life sentence.

Dig into the areas that need healing and help. Avoidance just prolongs the process of growth and change. Know we are shedding the old to make way for the real you! Your process is not everyone else’s process. Keep focused on your goals and dreams. Comparison is a deterrent to the real you.

The process of self-love also includes plugging into your place of community or support. We were created to be with people. Look for a safe group of people to connect with to help you in your journey. If you isolate yourself it’s a good chance you will stay unchanged.





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Journaling and meditation create a way to remember where we came from and where we are headed. Educating ourselves and being inspired by others who are traveling the journey of loving self-keep our hope up and give us courage.

We need to celebrate our accomplishments and with others. They are stepping stones to the next leg of the journey.

Learn about keeping boundaries and using the powerful word of no! A large and basic part of self-love is having healthy boundaries. Especially in the process of change and growth. Define what you will and will not tolerate.

Decide the people that are going to be your inner-circle. Don't allow people that take away from your journey of self-love. Allow those who will build you up and support you.

Take time out of your day to laugh!

Laughing releases endorphins (they give us a sense of wellbeing) and decreases stress hormones. The problems will be there tomorrow.

Loving yourself also includes, eating right, getting enough sleep, taking care of our health, learn what are stressors do to us personally, maintain a healthy lifestyle that is balanced. Personal hygiene, physical exercise, and things that make us happy need to be practiced.

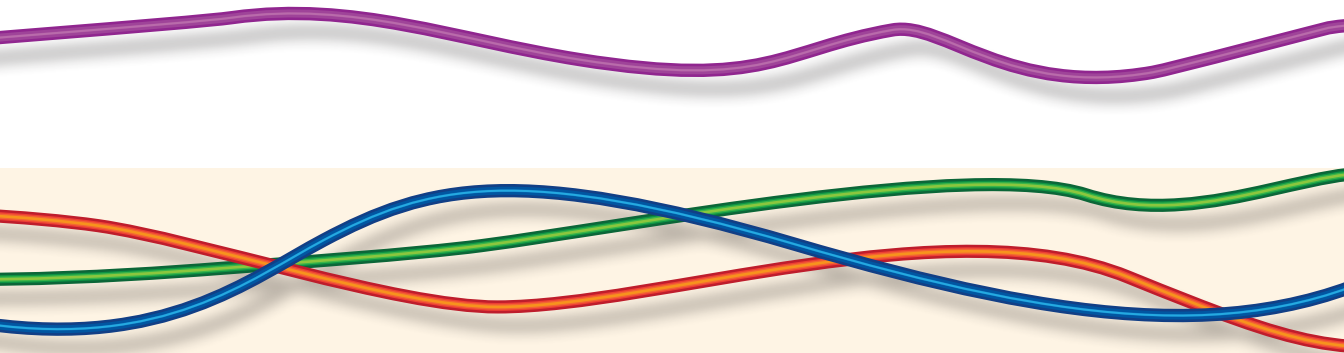
Stop and smell the roses! Just existing and surviving is not living.

These are some basic steps to help you start loving yourself today! It doesn't cost anything to apply love to the areas of need. ♥

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