

When you start off on the path to loving yourself,
there feels like no end in sight.



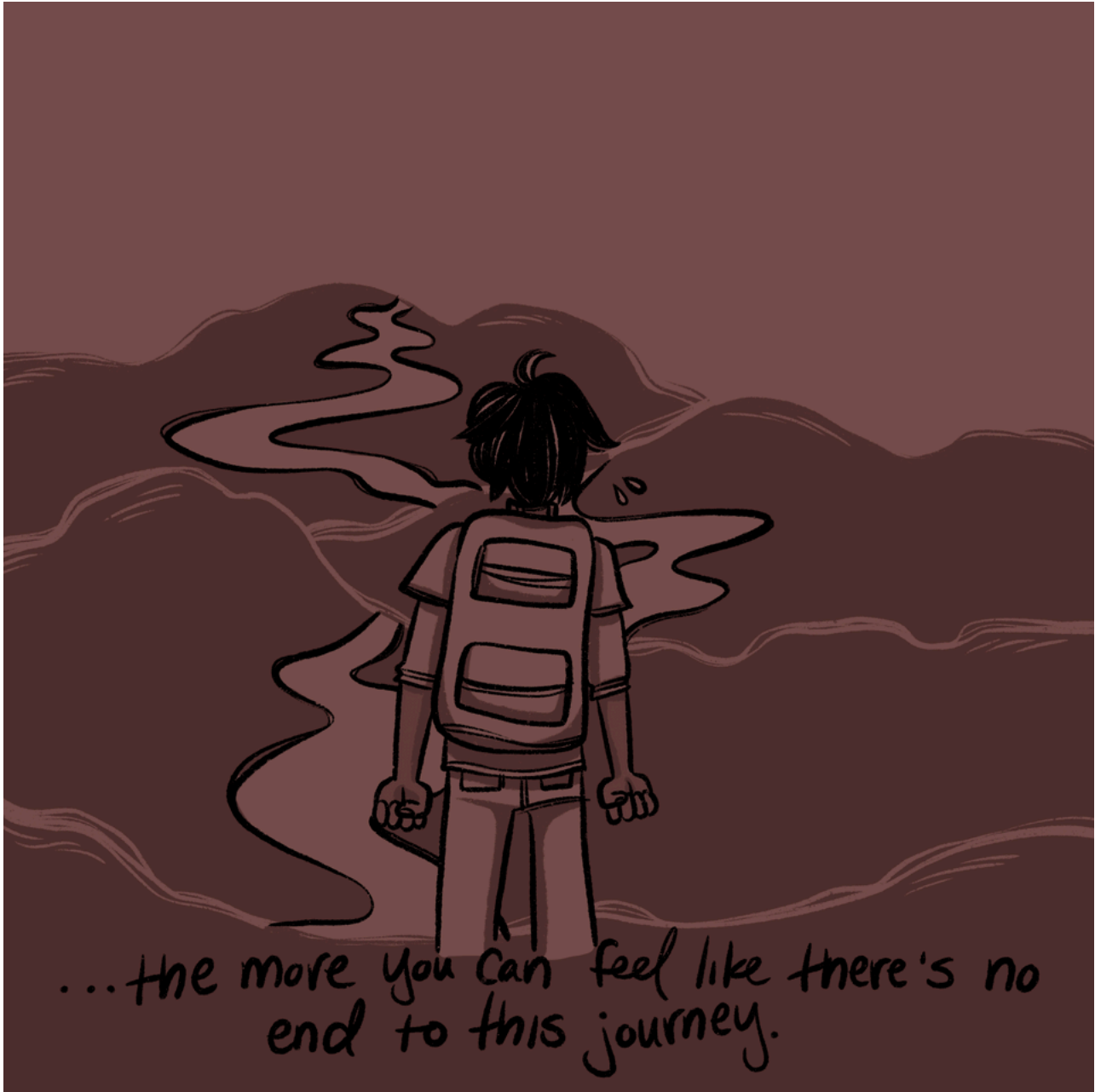
flow

It's like rewiring
your brain—
going from
being cruel
to yourself to
choosing kindness
and love—
it doesn't happen
overnight.



The further along you get, though...





...the more you can feel like there's no end to this journey.

Regardless...



By even choosing to try to love
yourself.....



...In some ways,
you're proving
that you
actually
already do.

If you didn't have some kind of love, some kind of care for yourself, you wouldn't even be trying.





The journey is long and the road to loving yourself is rough, but in some ways you've already arrived.