1.Self-love means that you accept yourself fully.

So God created man in His own image, in the image and likeness of God He created him; male and female He created them.

Genesis 1:27 AMPC

Gratitude to God, indebted to God and not mankind.

There can be no self awareness without self love,self love is principal.

2.Self-love, which is also often referred to as self-compassion, involves taking care of your own needs, \*have I asked you to be selfish no but please note you can only give from a robust and healthy mindset\* you can't give what you don't have take. That break when it's due not when it's long overdue\*

accepting your weaknesses as well as your strengths, \*A critical aspect of self love is acceptance, accept you for who you are,stand with your might and main embracing who God has created you to be alongside your strength and weaknesses.

And God said, Let the earth bring forth living creatures according to their kinds: livestock, creeping things, and [wild] beasts of the earth according to their kinds. And it was so. And God made the [wild] beasts of the earth according to their kinds, and domestic animals according to their kinds, and everything that creeps upon the earth according to its kind. And God saw that it was good (fitting, pleasant) and He approved it.

Genesis 1:24‭-‬25 AMPC.

Because when you love yourself you will intentionally amplify your strength against your weaknesses to the point no one cares about your weaknesses ,it has been shadowed by your strength.

and staying in touch with your emotions.

And because you are a human being and not a robot acknowledge you have feelings, it's part of self love when you don't deny yourself . Eg I deserved to be loved ,pampered and well taken care of .

Oh! I am hurt it's all part of self love, expressive measures. Angered let it out not trying to suppress it, teary as a result of a mishap don't deny cry it out and wipe your face. It helps you discover yourself and how you respond to environmental factors too.

Ephesians 4:26 Be ye angry, and sin not: let not the sun go down upon your wrath:

#1 Self-love helps reduce stress

Self-care is a significant part of self-love. When you love yourself, you recognize signs of burnout and can take steps to reduce your stress. Without self-love, you might not believe you deserve a break. The thought of doing something “just for me” might be very challenging to accept. You are therefore more likely to power through a stressful time even when it hurts. People with healthy self-love are more willing to take time to care for themselves when they’re stressed.

#2 Self-love improves your relationships

There’s a common saying that states you can’t truly love others until you love yourself. While this quip is a bit extreme, loving yourself does help improve your relationships with others. When you love yourself, you won’t feel as dependent on other people for your sense of worth. This helps you set boundaries or, if necessary, end unhealthy relationships. People who love themselves also tend to understand themselves better, which helps them identify the kinds of relationships they want or don’t want.

#3 Self-love can increase your happiness

Accepting and loving yourself is linked to higher satisfaction with life, and therefore, more happiness. When you’re constantly analyzing your flaws and criticizing your choices, it’s hard to feel happy about anything. Self-love encourages you to think of yourself like a dear friend. You can acknowledge that you’re not perfect, but still worthy of acceptance and support.

#Self-love boosts your confidence

It’s very difficult to feel confident if you’re focused on criticizing yourself. People with negative self-talk often struggle with low self-esteem. A lack of confidence naturally follows. If you want to feel more confident, self-love is a good way to exercise that muscle. Recognize your worth and skills, be compassionate when you’re frustrated with yourself, and you’ll notice your confidence building.

#4. Self-love helps you achieve your goals.

It helps imprints your deeds in the sands of time.

Self-love teaches that your dreams deserve priority. It isn’t selfish to go after what you want in life. People may try to tell you otherwise, but as long as you aren’t trampling on others to reach your goals, you should live life in the way that fulfills you. Self-love also provides the tools you need to achieve your dreams, such as reduced stress, emotional resilience, increased productivity, and confidence.

#5 Self-love inspires others Consider this: loving yourself helps other people. Like happiness, self-love can be contagious. If you model what a healthy relationship with self looks like, it helps others see why that’s important. They’ll begin to practice more self-care and self-compassion. Everyone around you – and not just you – benefits when you love yourself.