A SHORT STORY

Self-Love

THE NORM

Heal Your Body, Mind and Soul Though Self-Love and Mindfulness



Natasha Baylor

Let me tell you something.

I thought I loved myself.

I really did. 😂

If you had asked me years ago whether I practiced self-love, I probably would've looked at you like, Of course I love myself. What kind of question is that?

I took vacations. I got my hair and nails done. I shopped. I went out to dinner with my husband. I tried to eat healthy. I exercised when the spirit moved me. 🤦😂

Friend, I thought I was doing the self-love THANG.

And don't get me wrong—those things can absolutely be expressions of self-care. I'm still here for a good meal, a cute outfit, some peace and quiet, and doing whatever makes me feel pampered.

But here's what I eventually learned:

You can take excellent care of the outside of your life while completely abandoning yourself on the inside.

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Whew. 😮‍💨

That was me.

I had built a life that looked pretty good from the outside, but I hadn't created a safe place for me inside of me.

I didn't always consider myself when I made decisions.

I didn't always listen when my body said, Girl, you're tired.

I didn't always honor my feelings.

I didn't always say no when I wanted to say no.

And I definitely spent way too much time making sure everybody else was okay while assuming I would somehow be okay too.

Sound familiar?

That was one of the biggest revelations of my healing journey.

Self-love isn't just about what you give yourself. It's about how you treat yourself.

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Especially when nobody else is watching.

It's the conversation happening inside your own head.

It's whether you trust yourself.

It's whether you believe your feelings matter.

It's whether you can disappoint somebody else without immediately abandoning yourself to make them comfortable.

It's how you respond when you make a mistake.

It's whether you allow yourself to rest without earning it first.

And sometimes self-love looks absolutely NOTHING like a bubble bath.

Sometimes it looks like:

No

Sometimes it looks like:

I'm not available for that.

Sometimes it looks like leaving the phone on Do Not Disturb and letting folks figure some shit out on their own. 💅🏾

And sometimes self-love is simply sitting with yourself long enough to ask:

“What do I need?”

Not what does my husband need?
Not what do my children need?
Not what does my mama need?
Not what does my job need?
Not what does everybody on these social media streets need?

What. Do. I. Need?

That question changed my life.

Because the more I started considering myself, the more I realized just how often I hadn't.

And I don't say that with judgment anymore.

That's another thing I've learned.

Healing doesn't require you to bully the old version of yourself.

She was doing the best she knew how to do with the awareness she had at the time.

So I don't drag her.

I THANK HER.

She got me here.

But once I knew better?

Oh, baby.

We had some changes to make. 😂

For me, self-love eventually became less of something I did and more of a relationship I built with myself.

A safe relationship.

An honest relationship.

A compassionate relationship.

A relationship where I could tell myself the truth without tearing myself apart.

And THAT is the kind of self-love we're talking about in this ebook.

Not perfection.

Not selfishness.

Not pretending everything is love and light when you're pissed off.

I'm talking about becoming somebody you feel safe being yourself with.

Because wherever you go for the rest of this life...

there you are.

You might as well make home a beautiful place to live. 💗

I HOPE YOU

ENJOYED

YOUR EXPERIENCE!

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Until Next Time...


Thank you