

# Self Compassion:

## Discovering How to Love Yourself Unconditionally



**P.O.P.**<sup>TM</sup>  
Prosper On Purpose

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We are in a world that is aggressively demanding and CONSTANTLY condemning at any slight mistake or perceived imperfection. I am told the present day is called the "Selfie" generation all along really hiding behind a mask feeling more like a "SelfworthLess" generation to me.

Self-hatred, self-devaluation, self-humiliation, and self- cancellation are on the rise, fueled by bullying (since hurting people hurt other people right 😊). Oh! What a breath of fresh air to discover and experience the unconditional love of a caring, sharing, Heavenly Father.

I personally have been blessed to also have an earthly Dad who invested in my soul at an early age. My dad moved out of the house when I was five years old and when he left I felt a piece of me leave with him. So I grew up with visiting him in the summers to receive the deposits that I thought only he could give me. When I was 18 years old right after graduating high school I found out I was pregnant with twins! I hid it from my dad but of course he found out and called me.

He spoke these words to me that I will never EVER forget: **"Jan you did nothing to make me love you in the first place, so there is nothing you can do to make me stop!"**

This message of hope, inclusion and unconditional love radically changed my life forever!

Then to learn at the age of 21 that there exist a God that says:  
Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

**Romans 5:7-8 (NIV)**

And...

Therefore, there is now no condemnation for those who are in Christ Jesus, **Romans 8:1 (NIV)**

Wow 😲 what ahhhhmazing promises that we can grab a hold of to live a victorious life!

Did I stop making mistakes? NO, will I ever? No... but by learning and discovering how to love my self unconditionally through the love of Jesus, I forgive myself daily and intentionally endeavor to #DOBETTER while ever learning to walk in love with others...

Oh my what a journey to get here though...

Through many dangers, heartbreaks, a diagnosis that attempted to take me out, to realizing I'm a masterpiece and loved by God, to finally being able to receive love from my husband who is my king, the priest of our home and my best friend ,to #POPPIN (Prospering On Purpose) in this life and preparing the way for many to follow...

I welcome you to take a journey of discovery with me as we learn how to love ourselves unconditionally and to apply these powerful, God-given self-compassion strategies to our life and to share them with others.

## #KEEPPOPPING

All strategies in this e-book are for educational purposes only and should not be used in lieu of professional medical advice. All scriptures are from the King James Version (KJV) of the Bible unless otherwise noted.



## FOR THE ENTIRE LAW IS FULFILLED IN KEEPING THIS ONE COMMAND: LOVE YOUR NEIGHBOR AS WELL AS YOU LOVE YOURSELF. **MATTHEW 22:39**

That's a powerful verse and it's found a few more times throughout the Bible too. And I'm betting you have no problem loving others. Sure, sometimes family can be a pain or our kids can make us cray-cray but when it comes down to it, we still love them. It's 'easy' to love others.

### **But how well do you do when it comes to loving yourself?**

"That was a dumb thing to say."

"How could I have been so stupid?"

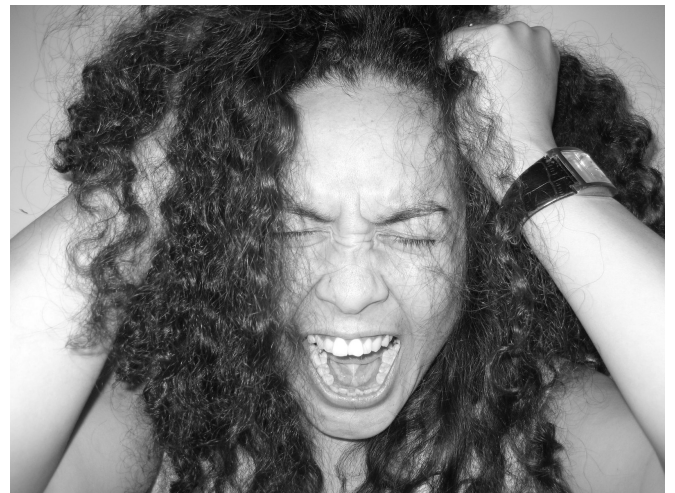
"I'm so fat."

"My nose is too big."

"I'm so ugly."

"I'm so stupid."

"I'm not smart enough."



Those words, or similar ones, are often spoken over and over inside our heads. They aren't words we would ever think of saying to those around us - friends or family - but we can speak them to ourselves without hesitation. Why is that?

Sadly, society has trained us to fall into the trap of believing we aren't good enough, pretty enough, smart enough, etc. It's taught us that if we aren't a certain height, weight, and skin color (just to name a few) that there's something wrong with us.



Or what about when we keep reliving past mistakes over and over in our heads? Better yet, what about when we're with friends or family and we can't stop bringing up the hurtful things we did to them years ago? Often, they have forgiven and moved on and don't enjoy talking about the past hurts but we can't stop doing it because we haven't forgiven ourselves yet. And, finally--what about when we feel there's no way God can love us when we don't love ourselves and think our past sins are unforgivable?

Why do we fall prey to those things and think those things about ourselves? Especially as Christians. God doesn't want us believing those lies! Just look at [Psalm 139:13-15](#)!

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. **PSALM 139:13-15 NIV**

**Did you catch that? Fearfully and wonderfully made!**

Check out my Masterclass on Restoring Your Life Purpose to discover God's calling for you life at: <http://bit.ly/poplifepurpose>



It's not always easy to fight the self-sabotage and negative self-talk which makes it difficult to show ourselves self-compassion and grace which is right where the devil wants us – 'hating' ourselves.



### **According to Wikipedia:**

Self-compassion is extending compassion to one's self in instances of perceived inadequacy, failure, or general suffering. Kristin Neff has defined self-compassion as being composed of three main components – self-kindness, common humanity, and mindfulness.

- **Self-kindness:** Self-compassion entails being warm towards oneself when encountering pain and personal shortcomings, rather than ignoring them or hurting oneself with self-criticism.

- **Common humanity:** Self-compassion also involves recognizing that suffering and personal failure is part of the shared human experience.

- **Mindfulness:** Self-compassion requires taking a balanced approach to one's negative emotions so that feelings are neither suppressed nor exaggerated.

Negative thoughts and emotions are observed with openness, so that they are held in mindful awareness. Mindfulness is a non-judgmental, receptive mind state in which individuals observe their thoughts and feelings as they are, without trying to suppress or deny them.

That's not what we're talking about here. In this case we're using the word self-love in a way that means not beating yourself up for past actions, or for looking in the mirror and loving what you see regardless of skin color, size, or number on the scale.

We're talking about self-compassion in terms of accepting ourselves...faults and all, just like He does.

So, how do you accept that God loves you even when you don't love yourself?

It's not always easy, believe me I know the struggle.

But, it gets "easier" as time goes on if you're willing to put forth the effort to work on it.





## **Here are some tips you can follow to start accepting God's love even when you don't love yourself:**

### **1. Look up, not around you**

We've already discussed, briefly, how society has caused us to believe if we're not a certain height, skin color, etc. that there's something wrong with us. When we look around and compare ourselves with how much money a friend makes, the fancy car a neighbor drives, the exotic vacations a colleague takes, it's easy to get down on ourselves and start believing we're not good enough. Every time we compare ourselves to someone else I truly believe we are belittling the blessings/deposits God has given us. God doesn't love us based on how much money we make, the vacations we take or the car we drive. In fact, none of these things matter in the grand scheme of things. Stop looking around and instead look up and remember who you are in Him.

### **2. Mediate on His word**

The best way (and easiest) to accept God's love is to immerse yourself in His word. Pick a topic on what you're struggling with, in this case self-compassion, and seek out the answers He gives through His word. Watch this short YouTube video I did years ago on "How to pray scripture" which is a form of biblical meditation:

<http://bit.ly/POPBIBLEMEDITATION>

If you don't have a specific topic in mind, I recommend opening your Bible to the book of Proverbs. There are 31 chapters for each day of the month. For example if it is Aug 31, turn to Proverbs 31 and read some verses from there... Proverbs is a book of wisdom and in these days we are in, we sure can use some double doses of wisdom!

### 3. Do something for yourself

Contrary to popular belief and what some of society says, it is not selfish to take time for yourself. In fact, God wants you to take care of you and that includes time to yourself. You decide what works for you - once a week, 15 minutes a day, whatever works, just choose it and make it happen. This time can be used for something as simple as a quick walk, reading a few chapters of a book, listening to music, writing in your journal - for starters get your hands on my P.O.P. Journal "52 week's of intentional living here: <http://bit.ly/POPVISION> to help you pen what's on your heart and set some goals while you learn to see yourself the way He does...



#### 4. Follow a healthy diet

What does this have to do with accepting God's love?

Everything! In fact, His word even says:



So whether you eat or drink or whatever you do, do it all for the glory of God. **1 Corinthians 10:31 NIV**

Wow. There you have it in black and white – even something as simple as eating is to be done to bring Glory to God. But aside from that, think about how you feel when you're feeding your body "icky" stuff like candy, cookies, chips, fast food, pizza, soda, etc.

Does it make you feel energized, refreshed, mentally aware?

Or does it make you feel tired, sluggish, crummy, and mad at yourself for eating junk once again?

I'm guessing you chose the latter because that's usually what happens when you eat that stuff. Not to mention all the health issues that can result when you're eating all that unhealthy, non-nourishing stuff on a regular basis. And I don't know about you, but when I'm indulging in that stuff (occasionally it isn't bad. It's all about balance) it adds to the negative feelings I have towards myself!



## 5. Exercise regularly

This one goes hand in hand with the above follow a healthy diet recommendation. Exercise doesn't have to be a long gym workout or 60-minute exercise class. In fact, even just 20-30 minutes of exercise a day can be beneficial. It'll help your mood which in turn will help you feel better about yourself. This all goes back to treating your body as His temple.

## 6. Seek counsel from a pastor or leader



God will not be mad if you need to talk with someone else. Sometimes praying on our own isn't enough and we need help from those around us. That's alright! And it even says in His word that where two or three are gathered He is there with

them ([Matthew 18:20](#)). Our pastors, elders, and leaders of churches are there to minister one-on-one too.

Sometimes taking care of yourself and accepting Gods love means to reach out and ask for help. Besides, gathering with someone or a few others for prayer and ministry is a wonderful way to soak up God's love.



## **7. Forgive yourself**

We know the importance of forgiving those who have hurt us and not carrying resentment or anger towards them. God's word even says that we'll be forgiven if we forgive others who have sinned against us ([Matthew 6:14](#)).

So, doesn't that mean we need to forgive ourselves too? Sometimes we're going to give in to the self-hatred, not feeling satisfied with what we have and comparing ourselves to others, negative self-talk, and more. But accepting God's love mean that we forgive ourselves when we do these things and move along. Can you do that? Don't you deserve to do that for yourself?

## **8. Make a Vision Board or what I call my “Yea & Amen Corner”**

Write the vision and make it plain ([Habakkuk 2:2](#)). God told Abraham he was going to be the father of many nations he gave him a point of reference (LOOK at the stars...LOOK at the sands.) What are you LOOKING at? Are you LOOKING at what you THINK about yourself or are you using the word of God as a point of reference and then LOOKING at what you want to see?

This revelation literally changed my life! So from that point I wrote a Confession of Faith that I said three times a day and then found pictures and attached scriptures underneath for every area of my life that I wanted to SEE changed. “ Through this mind renewal I have a new saying that I now share with my clients: SEE it Before you SEE it!

## **9. Volunteer**

If you can sign up to volunteer within your church - helping in the office, taking care of babies, playing with toddlers, leading kids church, ministering to the youth, being a door greeter on Sunday, etc. - that would be ideal. Because after all, how else to embrace and accept God’s love than to be of service to Him within His place of worship? But if not, any type of volunteer activity is a fantastic way to get outside yourself and stop focusing on you/your problems.





## **10. Last but not least BREATHE**

I know it sounds so easy and you are probably saying “Janetta what do you mean breath, I’m breathing now!” I would say to you yes my friend I would hope you are! 😂. BUT is your breathing mindful and intentional? Read more about the benefits of deep breathing my clients and I enjoy daily. Take your time and master this powerful change agent here: [Http://bit.ly/POPBreathe](http://bit.ly/POPBreathe)

These ten tips are merely suggestions. You can choose one or two to focus on and start there. Maybe none of these things mentioned appeal to you.

That's ok too. Create your own list. Come up with your own ideas of ways you can let God love you even when you don't love yourself. I promise you, you can't immerse yourself in God's love and not eventually start loving yourself too. Don't ever forget who you are or who you belong to. You are God's handiwork just like it says in His word:

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.  
**Ephesians 2:10 NIV**

He loves you unconditionally. He doesn't expect you to be perfect. He made you for a reason and has a plan for you. He knows you'll make mistakes and sin along the way, he knew that way back when He created you! But that didn't stop him, did it?

Knowing how unconditionally loved you are, how he has a plan and purpose for your life, doesn't that mean you should show yourself a little compassion, grace, and self-love too?

After all, you are worth it!

If you need some more encouragement, check out these verses:

1. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. **Romans 5:8 NIV**

2. God is our refuge and strength, an ever-present help in trouble. **Psalms 46:1 NIV**

3. He heals the brokenhearted and binds up their wounds. **Psalms 147:3 NIV**

4. Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! **2 Corinthians 5:17 NIV**

5. Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations. **Jeremiah 1:5 NIV**

6. But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. **1 Peter 2:9 NIV**



I am so proud of you for taking the time to read this ebook to the end! Hug yourself and give me a shout out on social media with any or all of these hashtags: #SelfCompassion101 #ILOVEME #KEEPPOPPING #DOBETTER

I would love to work with you one-on one through guided biblical meditation or transformational and individualized self-compassion strategies.

Book a Complimentary 15-30min session with me here: <http://bit.ly/POPDDiscovery>



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To Janetta, success means more than keeping score in a bank account, but success doesn't necessarily exclude financial accomplishment either. Janetta believes total prosperity is the ability to use God's ability and power to meet any need in any realm of mankind's existence: spirit, soul, body, financially, and socially.

Janetta has been an entrepreneur from early in life and has worked in healthcare, real estate, and sales. One business she started in her living room grew to a multi-million dollar nationally recognized company. Under her leadership she has mentored hundreds of clinicians to pursue their dreams and to create multi-streams of income.

In 2013, Janetta was diagnosed with breast cancer. She not only survived. She is thriving with her faith in God and His word. She learned a lot through her challenge and did not dismiss the contribution of allopathic medicine, naturopathic treatments along her journey.

Today, through Prosper On Purpose and all the services under that umbrella, Janetta shares her methods of prosperity, offering avenues to success for people one at a time and as group audiences. Janetta believes in tapping the knowledge of successful people from all walks of life and letting their life experience multiply into your prosperity.

Janetta is married to a humble ordained minister who is a Certified John Maxwell Life Coach and has four amazing sons. She currently resides in West Texas.