

Loving yourself is one of the most altruistic things you can do. So often it is seen as conceited and selfish, but that couldn't be further from the truth.

If you've ever flown in an airplane, you're probably familiar with the pre-takeoff safety instructions. In the case of an emergency, the flight attendant instructs you to "put your oxygen mask on first" before helping others.

Why do you think that is?

Quite simply, if you run out of oxygen yourself, you can't help anyone else with their oxygen mask.

The same is true in life. You've probably heard the saying "You can't pour from an empty cup." YOU bring something special to the world. You have a purpose for existing, and you cannot reach your fullest potential with an empty cup. But what happens when your cup is cracked?

Several years ago, I experienced an emotional low point. I went through a bad breakup and then my father passed away. I found myself sinking into a depression and I knew that I needed help. I told myself I can make a decision to stay here if I want to, or I can do something different. I visited my doctor and then drew up a two-week plan to get my body chemistry back on track.

Did you know that our reality is based on our chemistry? When we are excited or happy, our brain is flooded with serotonin and dopamine- the "feel good" chemicals. Conversely, when our brains are flooded with cortisol, it puts us in a state of fight or flight.

I increased my B-Complex intake to help manage my stress; I cleaned up my diet and eliminated sugar; I stopped drinking wine during this time; I started exercising every day to release more serotonin and dopamine; and I turned to the people I love for support.

Why am I telling you this? Because I have been in the trenches. I understand losing a loved one. I understand taking care of an elderly parent. I understand sugar addiction. I

understand being overweight and unhappy. You are not alone, but you also don't have to stay there.

There are things you can do to give yourself a fighting chance, to patch that crack in your cup, and to start refilling it again.

Yesterday, I spoke about our body's frequencies. Watch this [video](#) of sand on a vibration plate. As the resonance increases, the patterns become more elaborate and beautiful. I want each of you to make big, beautiful patterns in your lives.

AND YOUR ALIGNMENT ASSIGNMENT:

1. Start thinking about the outcome you want in your life. What is your purpose?
2. Start each day with a practice of gratitude. What are you thankful for? Not only does this set you up with a positive mindset (remember how your reticular activating system works?) but it also increases your empathy and emotional intelligence.