

What do you see in the Mirror?

If you truly love yourself, you will remember that you are a physical, mental, and spiritual being. Loving yourself as God wants you to means that you use wisdom in protecting your life and conserving your health in order to complete your mission on earth. ...

"Being mentally strong includes remembering that the glory of God is intelligence. Knowing this you will want to steadily increase your knowledge and wisdom and avoid literature, movies, and conversations that would pollute your mind. We who love ourselves properly take seriously the Lord's teaching that we are to let virtue garnish our thoughts unceasingly.

"Keeping yourself morally clean is loving yourself properly. ...

"Forgiving yourself after sufficiently repenting of a sin is an important dimension of self love. ...

"Comparing yourself to others can ... result in either feelings of inferiority or superiority. ... Accept yourself as the unique person that you are without comparing yourself to others. Doing this will help you love yourself properly without conceit"

—Clark Swain

"All men and women are our brothers and sisters, sent to earth to work out their salvation, each beset by problems, each in need of help and compassion. We are carrying out God's plan when we esteem them and help them feel by words and actions that they can achieve, that they are of worth, and that we are all children of God. When we live this commandment of God, esteem returns to us as a gift from those we esteem"

—Alice Colton Smith



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