

Relationship Hack

MASTERING SELF



KUNLE JENMI

Certified Relationship and Marriage Coach




Singleness is the foundation of all relationships. Singleness determines the quality of relationships, personally, socially, professionally.. The most important relationship in life is not interpersonal but intrapersonal relationship.

Self knowledge is the key to all relationships.

Singleness is not about being lonely but about being alone. To be Alone means to be all in one. Singleness means seperate, unique, and whole. Self hatred is manipulating others to love you. When you seek love from people they can control you 100%.

RESULTS OF SELF LOVE




Self Forgiving. It is easy to forgive others but a huge task to forgive yourself. The love you have for yourself will be expressed by how quickly you forgive yourself, pick yourself up and move on.




Self Investing. Investment is a measure of value. Self love determines what you invest in and how you grow.


- ◆ **Self love is a result of self discovery. Knowing who you are, and understanding your strengths and weaknesses is a prove of self love.**
- ◆ **Self love is a result of self source. Understanding your origin/source builds confidence and increases value.**
- ◆ **Self love is a result of self worth. You are worth what you are valued.**



Self love is a result of self esteem. The estimation of your value is determined by how much you love yourself.



Self love is a result of self concept. How you see yourself, the idea of yourself and the picture of yourself that you have determines your estimation of your value.



Self love is a result of self identity. Your significance and wholeness is built on your identity.

◆ **Self Assurance.** Your confidence level is a display of how assured you are.


◆ **Self Assertiveness.** Self love increases value, value determines your investment. The depth of your investment brings you to a place you offer yourself as a gift to the world.

◆ **Self Motivation.** The measure of assurance triggers your self motivation. You go get the job done. You know you have what it takes. You don't wait for things to happen you make them happen.


◆ **Self love is a result of self value. The more you love yourself the more you invest in yourself to gift yourself as a person of value to the world.**

◆ **Self Confidence. How well you love yourself is a measure of your self confidence. Your self confidence is built on your self valuation.**


◆ **Self Respect. Respect they say is reciprocal. If you love yourself you will respect yourself and also respect others.**



Self Values. Your personal philosophy speaks of your values. Your values is a measure of your self love.



Self Giving. The more you give the more you get, and then your self love increases. Going all out to give love simply because you have abundance.



Self Affirmation. The more confident you are the more affirmed you become. Your self love determines self affirmation.



KUNLE JENMI
Certified Relationship and
Marriage Coach

Share this post or tag a friend that
needs to hear this!

