

## *Time to Join the Self Love Revolution*

Advice from Self Love  
Mentor Jonathan Troen

By Cindy Brzostowski



Let's try an experiment based on the work of motivational author Louise Hay: Go to a mirror, look at your reflection, and tell yourself, "I love you." Could you do it without a second thought? In 2015, Jonathan Troen couldn't bring himself to say the words. That eye-opening moment helped kick-start his journey that led to launching the Self Love Revolution three years later.

Troen's Self Love Revolution is designed to help people find joy inside themselves, or as he cheerfully puts it, "to help us all become our own best friends." These days, Troen welcomes people into the movement as a life mastery coach and self love mentor based in Austin. We spoke with Troen to get his advice on what it takes to go from self-sabotage to self-compassion.

### **Our Own Worst Enemy**

Raise your hand if you sometimes feel like your own worst enemy. "We talk to ourselves in ways we would never allow others to talk to us. We've become our own abusers," Troen says. "Self love flips the script so that we can begin to become friends with ourselves—so that we can accept ourselves as we are."

Troen believes that one of the reasons self-sabotage is such a common struggle is that we're taught to compete and constantly forced to compare ourselves to others. "Comparison closes the door to joy," he explains. "If we

want to create a healthy society, we need to stop teaching comparison and start teaching connection instead, especially connection to ourselves."

### **The Pillars of Self Love**

So, how do we start building this healthier, more compassionate connection to ourselves? Troen explains the four main pillars to practice:

**Acceptance:** "We have to learn to accept ourselves and accept our emotions as they are. As long as you fight anger, it will rule you. As long as you fight sadness, it will take over you. Stop the fight. Be kind to yourself and your emotions. When you stop fighting yourself, you get your freedom and power back."

**Gratitude:** "I know it sounds cliché, but it's only cliché because it really works and is really important. You can't live a life of joy and happiness without gratitude."

**Forgiveness:** "This was the last part of the puzzle for me. When I discovered forgiveness and started practicing it regularly, I really began to understand how all the different pieces fit together. And while there are multiple paths of forgiveness, forgiveness of self is the most important part." >>

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**Self Love:** “This is simply talking kindly to yourself. Celebrating yourself. Treating yourself as you would treat your own best friend.”

If you’re just starting out on your self love journey, Troen suggests picking one pillar and practicing it for a week or more until you feel confident enough to build on it. Your start can be as simple as saying one kind thing to yourself every day.

“Just pick one thing you like about yourself or one thing you did well today, and celebrate that. Do this every day,” Troen says. “After a while, you’ll find you will come up with more than one thing as your brain begins to train itself to look for positive things. It’s literally a rewiring of your neural pathways.”

### Practice Makes Perfect

As with many things in life, practice and repetition are the keys to success when it comes to self love. Troen compares it to brushing your teeth: Do it every day and your teeth stay healthy; stop and they begin to rot. He stresses that for self love to work, you have to do it day in and day out.

If you’re feeling nervous or uncomfortable about the journey, that’s okay. “When we can allow ourselves to be with the unknown and the uncomfortable, our world changes,” Troen says. “If this self love thing scares you, that’s a big message from the universe to take action and begin practicing now.”

### The Power of Kindness

While self love may seem like an inward practice, Troen emphasizes that the results are outward. “Where we practice self love, we are kinder to ourselves, and then we are kinder to others. When we are kinder to others, we are more connected. If you want to live in a kinder and more connected world, self love is the simplest path.”

*For more wisdom, check out Troen’s Self Love Revolution MasterClass at [SelfLoveRevolution.com](http://SelfLoveRevolution.com).*

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### Troen’s Recommended Reading

Any book written by Louise Hay

*The Four Agreements* by Don Miguel Ruiz

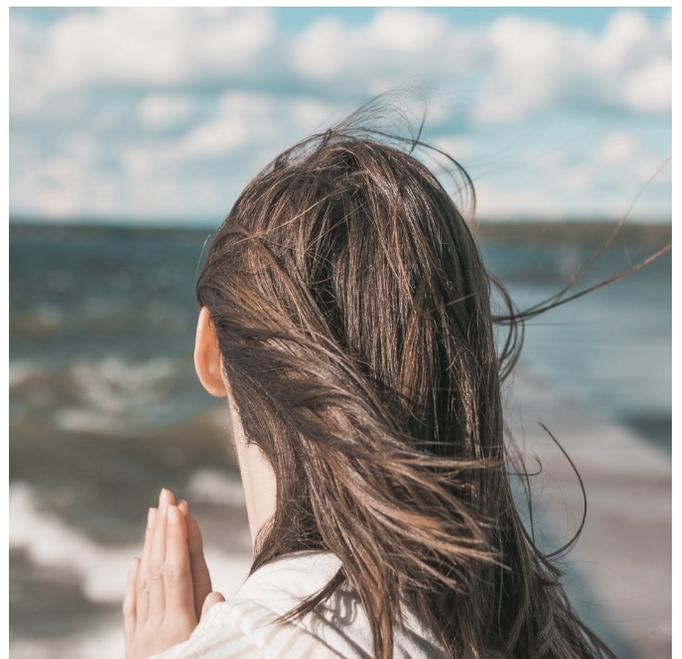
*A New Earth* by Eckhart Tolle

*Peace is Every Step* by Thich Nhat Hanh

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*“I know it sounds cliché, but it’s only cliché because it really works and is really important. You can’t live a life of joy and happiness without gratitude.”*



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