Mirror mirror.

Make a list of positive affirmations about yourself. For instance, look yourself in the mirror and say, "I am beautiful" or "I am worthy of love in my life." You decide what you want most in your life, write the affirmations, and then practice, practice, practice. (It makes perfect!) If it feels weird or uncomfortable in the beginning or you're having a hard time believing the affirmation, just fake it 'til you make it! Pretty soon you'll be all over it. In other words, be good to yourself and others will be too! You deserve it.