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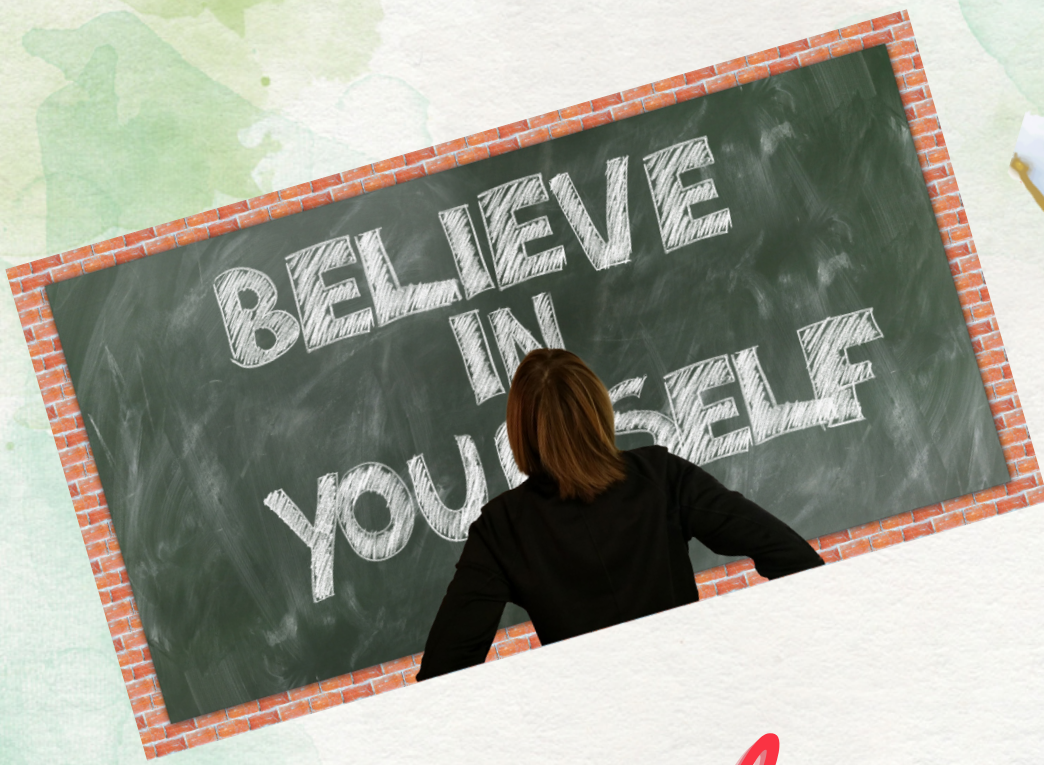
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Self love First

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Self-love Journey through Drawing

A feeling of appreciation for oneself that promotes physical, mental, and spiritual development is known as self-love. Cultivating self-love is a good way to increase self-esteem and discover inner serenity. Self-love can be incorporated into one's lifestyle in different ways. When you take good care of your body and health, by getting enough sleep, eating a balanced diet, and engaging in regular exercise, self-love is demonstrated through your efforts to maintain well-being and the value of your life. When you embrace self-compassion through acknowledging your strengths and imperfections, you will stop comparing yourself to others and start accepting yourself as who you are; self-love begins to grow here.



**DIGITAL DRAWING 1 -
MOUNTAINS AND RIVER**



**DIGITAL DRAWING 2 -
SUNSET**

For me, finding a good thing in myself is the key to self-love; and I appreciate living with it, enjoy practicing it. To be honest, working equates to racing for fulfilling goals and KPI. A person who loves himself can balance work and life well, but somehow hardly find peace. We occasionally need to “escape” from reality to find peace. The state of peace often reveals our true selves, which cultivates self-love.



My self-love journey is through drawing. Self-acceptance and love are arts by themselves. The sense of being capable of doing something that you love is an important part of your well-being. I am not saying that I am incapable of doing my routine work, it is just that drawing helps me find peace and love, it clears my mind and improves my performance in life and at work. I cultivate self-love through drawing since it makes me appreciate my own time, effort, imagination, creativity, spirit, and talent. I retain my confidence and happiness through drawing after a long day at work.

Most of my drawings are natural landscapes. I find peace in nature, which is also God's best work of art. Drawing the sky, the clouds, the mountains, the rivers, trees and flowers also reminds me that humans are God's handiwork. God loves his creations; therefore, humans should love themselves. Understanding the genuine meaning of "love" ensures the spiritual or inner growth of oneself.



DIGITAL DRAWING 2 -
SUNSET



BATIK DRAWING
(TRADITIONAL DRAWING)

Drawing is my kind of thing, but it may not be for others. I enjoy diving into the colourful world using traditional drawing tools or even digital drawing tools. When drawing, I get a sense of belonging, and I enjoy seeing my own creations. Through drawing, I love my own capabilities, and I believe I can achieve the same in other areas of my life as well. To cultivate self-love, you just need to find a reason to love or appreciate yourself.

