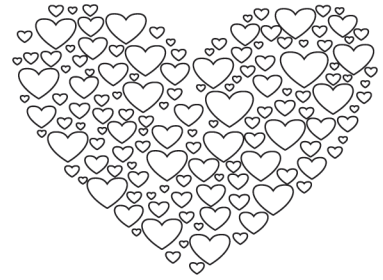


Self-Love Checklist



MIND

WHAT DOES YOUR INNER MONOLOGUE AND DIALOGUE SOUND LIKE?

ARE YOU OPEN TO NEW THINGS AND FOLLOWING YOUR CURIOSITIES?



BODY

WHAT DO YOU SEE WHEN YOU LOOK IN THE MIRROR?

ARE YOU EATING WELL AND EXERCISING?



SOUL

WHAT ARE YOUR HOBBIES AND DO YOU SPEND ENOUGH TIME WITH THEM?

FEED YOUR SOUL



SPACE

HOW DO YOU FEEL IN YOUR HOME, ROOM, DESK?

HAVE YOU GIVEN YOURSELF THE BEST ENVIRONMENT POSSIBLE?



LOVE

GIVE LOVE TO RECEIVE LOVE

HAVE YOU EXPRESSED YOUR LOVE LATELY?