



Self-Love Ideas

GIVE YOURSELF A COMPLIMENT!
REPEAT:
I AM WORTHY!

TAKE A SELFIE AND
FIND ONE THING YOU
LOVE ABOUT IT!

TAKE THREE DEEP BREATHS
AND MEDITATE OR JUST BE
STILL IN SILENCE.

LISTEN TO A FAVORITE
SONG AND LET YOURSELF
REALLY TAKE IT IN
WITHOUT DISTRACTIONS.

HAVE A GOOD LAUGH, MAYBE A
FUNNY VIDEO CAN HELP, SO YOU
CAN SHAKE THAT BELLY!

TAKE THE TIME TO FLIP
THROUGH YOUR
FAVORITE MAGAZINE OR
READ A BOOK.

MAKE YOURSELF A
FAVORITE DRINK TO
INDULGE IN.
ENJOY!

PAMPER YOURSELF WITH A
BATH, ESSENTIAL OIL FOOT
SOAK OR SIMPLY WASH YOUR
FACE AND START AFRESH!

HUGS ARE INSTANT
COMFORT. HUG A LOVED ONE,
HUG YOUR TEDDY BEAR, HUG
YOURSELF. IT'S ALL GOOD!