

TEN WAYS TO PRACTICE SELF LOVE

Write a list of what you are grateful for.

Tell yourself something kind and encouraging.

Write down three good things that happened today.

Audit your social media. Unfollow people who don't spark joy.

Write a list of things that make you feel proud.

Replace "I can't," "I won't" and "I shouldn't" with "I'm learning...,"
"I'll try..." and "I'd prefer..."

Practice being your own best friend.

When you find yourself comparing yourself to someone else,
compliment them on what you admire.

Start your day with a positive intention.

Say "no" to people or things that don't enhance your health,
happiness, and overall wellbeing.