



14 Ways to Show Yourself Love

We show love to others and often forget to show love to the most important person in our lives – ourselves!! Here are 14 ways you can show love to yourself. What else can you add to the list?

1. Take one thing off your daily to-do list and use that time to rest.
2. Celebrate one small thing about yourself – in a big way.
3. Take yourself on a nature date and notice what you're drawn to.
4. Say no to one thing you've wanted to be say no to for a long time.
5. Say yes to one thing you've been wanting to say yes to for a long time.
6. Try something that feels just a little bit scary or challenging, but safe enough for you to try.
7. Talk and support yourself as if you were talking to or supporting a friend. Notice what it feels like to have yourself as a friend.
8. Move your body – walk, run, dance, wiggle.
9. Buy yourself flowers.
10. Make a list of people and things that lovingly support you. Put it somewhere you look at it every day as a reminder.
11. Get all your chores done you loathe doing in one day (clean house, pay bills, etc.) Celebrate and enjoy the next week or more knowing they're taken care of.
12. Thank yourself for all the amazing self-work you're doing.
13. Play with a toy you loved as a child. Be silly even if it's just for a moment.
14. Write down all the things you love about yourself, put it in an envelope, address and send it to yourself.

Reminder – you get to love yourself! You matter!