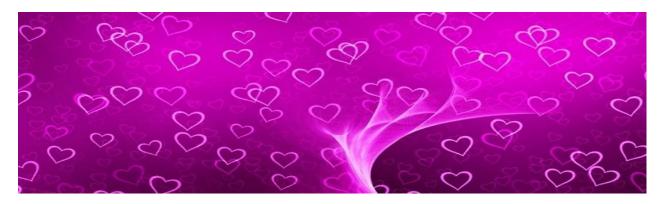
## 17 Ways to Love Yourself



- 1. Be kind and gentle towards yourself.
  - 2. Tell yourself I love you.
- 3. Eat healthy foods that nourish your body.
  - 4. Listen to and follow your intuition.
  - 5. Meditate and practice deep breathing.
    - 6. Massage your own feet.
    - 7. Treat yourself to something nice.
- 8. Go for a walk alone and observe nature.
  - 9. Set healthy boundaries.
  - 10. Always allow me-time for yourself.
    - 11. Drink plenty of water.
    - 12. Get a pet and give it love.
  - 13. Honor what you love about yourself.
- 14. Only spend time with those who nourish your soul.
  - 15. Listen to uplifting music.
    - 16. Buy yourself flowers.
  - 17. Read a book that feeds your soul.