



What is Self Love?

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- Speak kindly to yourself. Speak to yourself as you would speak to your best friend.
- Be kind, compassionate, patient, and understanding with yourself and others.
- Don't be hard on yourself. Leave room for self-compassion and understanding.
- Learn to know who you really are. Learn what you stand for, and know what you like & don't like.
- Live by your own moral standards. Do good things daily. Decide to be a good person.
- Live a life that is true to yourself, not what others want you to do with your life.
- Forgive yourself and forgive others. Send love out to everyone.
- Make sure your needs are being met. If not, find ways to get to a place where they are being met.
- Having limits and boundaries with others. Know how to stick to those limits and boundaries.
- Not over-working yourself. Allowing time for fun, play, and relaxation.
- Having self-care days. Doing things that nourish your soul. Take care of yourself daily.
- Know when to say "no" to others when it doesn't feel right. > Boundaries.
- Prioritize what is most important to you and fill your life with those things. Make a list of your priorities.
- Spend time with people you love, and those who bring you joy, peace, laughter, and contentment.
- Avoid all negativity. > People, Places, Activities, Actions, etc. which are negative.
- Reframe your thoughts to be "better feeling thoughts". Anything that feels a little better is fine.
- Speak words of appreciation and gratitude every day. Say "Thank you" a lot!
- Practice mindfulness. Enjoy the moment and really be "in" the present moment as much as possible.
- Celebrate small "wins". Give yourself a pat on the back and say you are proud of yourself.
- Accept compliments. Simply say "Thank you!" ~ Give compliments to others too.
- The more you give to others, the better you will feel about yourself. Be charitable.
- Don't take others' criticism too seriously. That's their issue, not yours. Change when needed.
- You don't have to believe every thought that you have. Question all your "negative" thoughts.

"You can't have a healthy relationship with others, if you have a toxic relationship with yourself."