

A Step by Step
Guide self-love

SELF-LOVE JOURNEY



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HELLO THERE

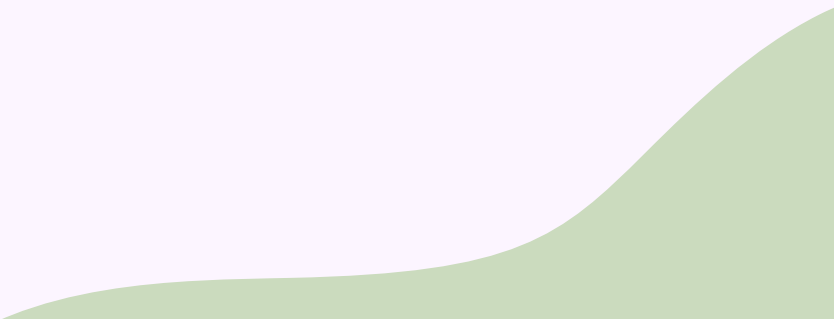


We hear it all the time: “Love yourself!” We hear how loving ourselves is the most important, most beneficial thing we can do. But how can we get to loving our self; truly accepting ourself ?

This guide, you'll start the journey to understand about self-love, its importance, and how to practice self-love in your life.

Warmly,

Renelle



GET TO KNOW ABOUT SELF-LOVE

Self-love is exactly what it sounds like, loving yourself. It means loving all aspects of yourself, by accepting your flaws, your weaknesses, and the things you don't always like about yourself.

For many people, concepts of self-love can be new. After all, we are often taught that prioritizing yourself or your needs is selfish and that you should focus your energies on other people. But practicing self-love doesn't make you selfish, or a narcissist, it just means that you won't settle for less than you deserve, because you understand and respect your own needs.

Practicing self-love often just means extending the same respect and care you have for others to yourself.



Treat yourself with the same kindness and grace you extend to friends, families and loved ones in your life. We are often much kinder to our loved ones than we are to ourselves.

QUESTIONS TO MYSELF



Are my goals really
what I want?

Answer in one word:
What is between me
and the dream life/my
main goal?

Ask what does
the word "happiness"
mean to me?

Do I drive conscious
or mass consumption?

What disadvantages
of another person
am I not willing to
put up with?

How could I simplify
my life and focus on
what is most
important?

PRACTICING SELF-LOVE



To get started, I suggest that you identify one loving thing you can do for yourself today. It could be a supportive thought or action. Next, write down what you're going to do and when you'll do it. Writing it down increases accountability and makes it more likely that you'll follow through.

As you add more and more loving thoughts and actions to your daily life, they'll begin to crowd out some of your self-defeating thoughts and behaviors. With lots of practice and with self-reflection, self-love can become second nature.

Here are ten tips
you can follow when
you are on your
journey to self love!

1. **Recognizing and accepting your feelings**
2. **Take time for yourself**
3. **Get enough sleep**
4. **Listen to your body**
5. **Eating right**
6. **Using self-talk**
7. **Challenging a negative story about yourself**
8. **Forgiving yourself**
9. **Committing to self-love**
10. **Commit to learning more**

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DAYS

SELF LOVE CHALLENGE

Day 1

Take a deep
breath once
an hour

Day 2

Stretch and
meditate

Day 3

Journal
for 15
minutes

Day 4

Clean out
your closet

Day 5

Wake up early
and watch
sunrise

Day 6

Go on a
long walk

Day 7

Cook yourself
something
you love

Day 8

Have a
spa day

Day 9

Take a nap
in the
afternoon

Day 10

Buy yourself
some flowers

Day 11

Write a
positive note
on your mirror

Day 12

Drink more
Water

Day 13

Do something
that makes
you laugh

Day 14

Sleep in with
no alarm

Day 15

List 5 things
you love
about yourself

Day 16

Say no to
something

Day 17

Catch up with
an old friend or
relative

Day 18

Start learning
a new skill

Day 19

Write down
your dreams
and goals

Day 20

Book a
day trip

Day 21

Enjoy your
favorite
dessert

Day 22

Organize your
space

Day 23

Compliment
yourself during
the day

Day 24

Take a long
luxurious bath

Day 25

Evaluate
your morning
routine

Day 26

Try a
new food

Day 27

Spend a
day off social
media

Day 28

Listen to your
favorite music

Day 29

Read a book
you have been
wanting to

Day 30

Spend a day
in nature

Need More ?

READY TO START THERAPY?

Renelle is licensed to practice individual and couples therapy for residents in D.C., Florida, Texas and Virginia. Contact her today to schedule a complementary consultation.



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