

Self-Love Cheat Sheet

Let go of one negative thought (and try to reframe it).

Holly Lowery says: "Notice when negative thoughts about yourself come up and just try to bring them back to neutral. So maybe you don't love yourself in that moment, but you can likely step away from the judgmental/hateful/loathing thought."

Schedule time to go to your "happy place."

A happy place is somewhere that you "get lost" or get "in the zone." A happy place could be an activity like painting, running, knitting, fixing things, singing, or being in nature or at a certain cafe you enjoy. Your happy place is often somewhere where you forget about any issues going on and just feel OK.

Drop the comparisons.

Try to notice when you're comparing yourself to others. Remind yourself that they are them, and you are you.

Make a "what's working for me" list.

Today, try to acknowledge what is working for you this week. Be honest. Celebrate the victories. And don't be hard on yourself if this brings things up or makes you realize that some things in your life simply just aren't working.

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Create (and practice) your self-love ritual.

This is a time to take care of yourself, because you deserve it. Put the self-care that you need into practice that you need. Maybe today you take a walk, sit and slowly drink a cup of hot chocolate or write in a journal. Whatever gives you a sense of peace without feeling pressured to accomplish it.

Forgive yourself.

Forgiveness often comes from a place of compassion and acceptance. Forgive yourself for something that makes you feel "bad" or like a "failure." Let go of something that feels like it's holding you back, so you can make room for what is waiting.

Tune into your needs.

Today, think about what you really need to feel fulfilled mentally, physically and emotionally. Try to honor that — but if that feels like too much, tell yourself that's OK too.
