

# SELF-CARE

"Talk to yourself like you would someone you love." -Brene Brown



## *Unlock Your Self Love*

Have you ever received the benefits of someone paying it forward? Example: Someone buys you coffee, drink or a meal

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How did you feel when this happened?

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What types of things can you do this week to pay it forward? How will this make you feel?

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# SELF-CARE

Write down 5 positive things that your best friend would say about you.

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Write down 5 positive things that YOU would say about yourself. Was this exercise harder? If yes, Why?

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Write a letter to yourself, tell your beautiful self all of the amazing things you see for her, how proud you are and how much she is loved. Make this letter be a minimum of 1 page. I know this exercise is going to be a hard one but You can do it!

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Take a selfie! This is photo that is just for you. I want you to then look at this photo and write down the positive things that you see when you look at it. Do not erase this photo off of your phone, keep it so you can look at it often and be reminded of this exercise, and how fabulous you are!

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# SELF-CARE

It is time to get out of your head and be artistic! This can mean different things for different people! I want you to create something for YOU! Something that reminds you of yourself. When you have done this write down how you felt while doing it!

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Think of the last time that you laughed hard, I'm taking hard enough that your cheeks hurt. After the laughter how did you feel?

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Laughter can change the mood in a stressful situation. Can you think of a time that when you were stressed out, if you could have thought of a funny memory or looked on the bright side and laughed out loud how that would change the mood?

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# SELF-CARE

Tell me about a book that you have read that has inspired you to love yourself more, to be uniquely YOU!

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Find another good book, one that makes you have all of the feel goods, pick it up and read it! Here is a suggestion of one that I read and loved! "Girl wash your face" by Rachel Hollis

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After watching Oprah's top rules for self love which one did you resonate with. Which one or two of those spoke to you?

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