

SELF-LOVE:

A guide to nurturing your wellbeing and deepening your connection with yourself.

SELF-LOVE STARTS WITH YOU

What it means: Self-love is the practice of accepting yourself fully, treating yourself with kindness, and prioritising your mental, emotional, and physical wellbeing. It's a daily commitment to your own growth, happiness, and peace. You have to take that first step and decide to commit to it every day.



DAILY TIPS TO PRACTICE SELF-LOVE:

- Start and end each day with 10 minutes of deep breathing or meditation.
- Write down or create a voice note of three things you're grateful for and that bring you joy each day.
- Move your body as often as you can. Even a short walk makes a difference.
- Fuel your body with food that is nourishing for your mind and body.
- Prioritise your sleep and rest: your body needs it to thrive.
- Speak kindly to yourself because your inner voice matters.



REFLECT AND RECONNECT WITH YOURSELF

- **Ask yourself:** "What does feeling loved by myself look like today?"
- **Evening reflection:** "What did I do today that honoured my wellbeing?"
- **Self check-in:** Rate your energy, mood, and stress levels. What do you need more or less of to change the way you feel?



MINDFUL ACTIONS TO HONOUR YOUR SELF-LOVE

- **Create a comfort ritual:** Brew your favourite tea, light a candle, and enjoy 15 minutes of quiet.
- **Declutter a small space:** Clear your desk, bag, or inbox. It's a symbolic act of self-care.
- **Write a letter to yourself:** Celebrate your growth and strength, embrace your imperfections and learn from them, and express hope and joy for your future.
- **Practice saying 'No':** Decline one thing this week to protect your peace.



CREATIVE EXPRESSION

- **Mood playlist:** Compile a selection of songs that uplift or soothe you. Let music be your emotional companion.
- **Art for you:** Doodle, paint, or collage something that represents how you feel today.
- **Photo moments:** Take a photo of something that makes you feel joy or calm. Build a visual gratitude gallery.
- **Vision board:** Make a collage of your goals, dreams, and things that inspire you.



REMEMBER:

Self-love isn't selfish. It's the foundation for a life filled with compassion, resilience, and joy.

