

5 WAYS TO START LOVING YOURSELF

WRITE 3 THINGS YOU LOVE ABOUT YOURSELF

Writing 3 things you love about yourself might be very uncomfortable at first, but the more you do it the easier it will get. Make sure these are about YOU, not someone else. These can be physical, personality, etc.

EXERCISE

Exercise has so many excellent benefits: improved mood and mental health, more energy and motivation, reducing risk of disease, improves strength, and so much more. Not to mention you will feel great! Exercise does not have to be extreme and you should be careful to not over-exercise.

LET GO OF PERFECTIONISM

Perfectionism holds us back from so much. Learning, loving, experiencing. When we learn to let perfectionism go, we get to experience so much more!

LOVE YOUR BODY

Loving your body may not be easy, but shaming our body sends messages to our brain that we hate our body. You very might hate your body. But body shaming leads to hating out bodies even more. Our bodies do so much for us and we need to learn to appreciate them!

BE MINDFUL OF YOUR EMOTIONS

Emotions are GOOD! We all have times where we experience negative emotions but it's important to be aware of them and work through them without using negative behaviors.

"A strong, positive self-image is the best possible preparation for success. "