

# Learning To Love Yourself

# CHECKLIST

## Foundations

- Establish Morning Routine
- Incorporate Exercise
- Self-Care Once Per Day
- Engage in Personal Development
- 
- 
- 

## Fuel

- Learn Benefits of Food
- Develop Balance
- Food is Fuel
- Mindfulness of Emotional Eating
- 
- 
- 

## Emotions

- Mindfulness of Emotions
- Develop Coping Skills
- Challenge Perfectionism
- Challenge Negative Self-Evaluations
- 
- 
- 

## Love Your Body

- Challenge Negative Behaviors
- Challenge Thoughts
- Positive Affirmations
- Develop Mindfulness of Body
- 
- 
-