

# 20 Ways to Practice Self-Love

1. Surround yourself with people who motivate you and give you good energy.
2. Start every morning by telling yourself something positive. For example: "I love how well I handled that situation at work yesterday."
3. Get some sort of movement each day whether it is taking your dog for a walk or going to the gym.
4. Stop comparing yourself to those around you. Focus on your purpose and life journey.
5. Look in the mirror and tell yourself something you love about yourself each morning.
6. Let go of toxic relationships. People that put you down do not deserve to be a part of your life.
7. Get out of your comfort zone by doing one thing you would never do each day!
8. Take a moment to appreciate the things and people around you.
9. Learn to say no.
10. Forgive yourself often.
11. Stop looking for approval from others.
12. Prioritize yourself.
13. Eat foods that leave you feeling amazing.
14. When you are feeling stressed or overwhelmed, talk it out with a family member or close friend. Talking about your feelings can leave you feeling a whole lot happier.
15. Quit the self-criticizing. It is time to love yourself for who you are and be proud of the things you have accomplished in your life.
16. Celebrate even the small wins!
17. Practice self-care daily. For example, go for a massage, take a warm bath, get crafting.
18. Create a self-love mantra. When you are feeling down say something like "I love my body and all it does for me."
19. Get enough sleep each day (7-8 hours for adults).
20. Take yourself on a date. For example, go to a spa resort alone. Spending some quality time with yourself will help you better understand who you are.

