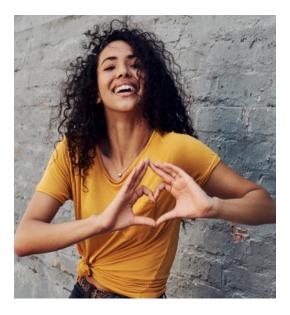
20 Ways to Practice Self-Love

- Surround yourself with people who motivate you and give you good energy.
- 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.
- Stop comparing yourself to those around you.
 Focus on your purpose and life journey.
- Look in the mirror and tell yourself something you love about yourself each morning.
- Let go of toxic relationships. People that put you down do not deserve to be a part of your life.



GOOD for you in Magna

- 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.

