

# hey love bird!

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## HOW TO STRENGTHEN YOUR SELF LOVE

### BECAUSE YOU ARE WORTH IT

When we are feeling lost, rejected or invalidated, what we are seeking most is someone to show that they care. Yet, we might not always have an opportunity to have someone give us the care we desire and deserve. An acronym you can use to remember how to love yourself more everyday is CARES.

#### Compassionate mindset

Learn to be kind and understanding to yourself. Let's try an experiment. Close your eyes and imagine treating yourself with the same compassion you would want from or give to your romantic partner. How does that feel? Take one of those examples and apply them in your life everyday.

#### Accept yourself

You, yes you, are more than enough! You have both good and bad traits and that's okay. You are a unique and precious being and there is no one exactly like you. You are still worthy of your own validation and acceptance. All you need to do is recognize it!

#### Respect your boundaries

You are entitled to set boundaries and rules that help you to feel safe, valued, and comfortable. Begin by defining those limits for yourself. This will help you to begin to teach others around you how to treat you and more importantly how you respect yourself.

#### Explore your inner world

Become curious about yourself. When is the last time you asked yourself what was important to you, what you liked or disliked, even who you want to be? Take time to explore what brings you fulfillment, meaning, and purpose. You might surprise yourself!

#### Schedule time for yourself

It's easy to forget what you love, what makes your heart sing, and how to let go and relax. Each week set aside between 30 minutes to 2 hours of YOU time. You deserve to prioritize your happiness.



# BE YOUR OWN VALENTINE

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“TO LOVE ONESELF IS THE BEGINNING OF A LIFE-LONG ROMANCE.” —OSCAR WILDE

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## SELF AFFIRMATIONS

"I am more than enough"

"I am a good person who is growing and evolving daily."

"I can love myself and care about other people."

"I am worthy and I have a place in this world even if I forget sometimes."

"I am a precious and unique person."

"Loving myself does not mean I am selfish."

## SELF-LOVE ACTIVITIES

- Create a playlist of love songs for yourself
- Dine at your favorite restaurant
- Pamper your body: massages, pedicures, facials
- Watch a movie that you love
- Take a nap in the middle of the day
- Learn a new hobby
- Dance like nobody is watching, sing like nobody can hear
- Visualize your dreams
- Express gratitude for the beauty you have

## SELF-KINDNESS

Today notice all the ways you are kind to others. What are your reasons for being kind to them? How do you think your actions benefit them?

What would be different in your life if you were kind to yourself in this similar manner. Write a kindhearted letter to yourself and read it daily. Let this serve as a gentle reminder of the importance of self-kindness.

love well, be well  
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COMPASSIONATE LOVE AND RELATIONSHIP COACH