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TANGIBLE WAYS TO PRACTICE SELF-LOVE



LIST ALL THE THINGS YOU LIKE ABOUT YOURSELF.



TRY SOMETHING NEW.



MAKE YOUR HOME A SAFE AND WELCOMING ENVIRONMENT.



ORGANIZE YOUR FRIDGE AND FILL IT WITH FRESH FOOD.



PLAN AN ADVENTURE.



SMILE AND SAY THANKS WHEN SOMEONE OFFERS YOU A COMPLIMENT.



START YOUR DAY WITH A FEW MINUTES OF PRAYER.

OTHER IDEAS

Give yourself a day off.

Sleep well.

Read a good book.

Practice the art of saying no.

Let go of comparison to others.

Source:

https://www.huffingtonpost.com/alexis-meads/50-tangible-ways-to-practice-self-love_b_5632069.html



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