

LOVE YOURSELF

— A DAILY REMINDER —

Taking Care of Self

1

- Engage in **personal care**.
- Make a **good meal**.
- Take a **quiet bath**.
- Follow a **daily exercise routine**.
- Continue your **healthcare regimens**.

Meditation

2

- Spend some time doing **breathing exercises**.
- Take a moment to **focus on the things you love**.
- **Meditate** before bed or before starting work.

The Four Agreements

3

- **Communicate** with **intention** and **positivity**.
- **Don't take things personally**.
- **Don't make assumptions** about anything. Instead, **ask questions**.
- **Always do your best**.

Coach Yourself

4

- Schedule breaks for **self-affirmation**.
- Use **positive statements** to motivate yourself.
- Remind yourself that **you are capable of adapting** to new circumstance.

Keep & Maintain Other Interest

5

- Make time for your **hobbies and interests**.
- Reach out to your **friends and family**.
- Learn a **new skill**.

Stimulation Activities

6

- **Sing and dance** to music.
- Take a **walk** or go for a **car ride**.
- Complete a **puzzle**.
- Play a **game**.

Play the "No Blame Game"

7

- **Don't agonize over guilty feelings**. Use these moments to change your behavior.
- **Accept** that some situations are out of your control.
- **Don't point fingers**, even at yourself.

A Personal Note
