

1

Treat yourself the way you talk to the people you love

3

Stop comparing yourself to others

4

Ask for help and support when you need it

2

Surround yourself with people who make you happy

5

Prioritize self-care such as movement, mindfulness, hobbies, physical and mental health

10 SELF-LOVE TIPS

Learn to forgive yourself and let go of past mistakes

6

7

Set more boundaries (see next Module)

8

Be patient with yourself. Take it one step at a time with self-love & healing

9

There's no "right way" to do self-love

Do more of the things that make you happy, less of what makes you feel bad

10