

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