

simplylovable

self-love guide



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DAILY SELF CHECK-IN

Take a minute to breathe and ground yourself.

Ask yourself the following questions:

How am I feeling today?

What am I most proud of?

What am I grateful for today?

What do I want to accomplish today?

What brings me the greatest joy?

**What aspects of my life are not aligning with
my goals and desires?**

Now, take a moment to validate yourself!



NOTE TO SELF

*you are
enough*

remember
to enjoy the
little things

*you are
allowed to
say No*

**it's okay
to set
boundaries**

**it's okay
to ask
for help**

*your
feelings
are valid*

**BE GENTLE
WITH
YOURSELF**

*your best
is enough*

*it's okay to
start over and
try again*

celebrate
what you've
accomplished

*practice
gratitude
daily*

**you're
worthy
and loved**

**your
mistakes
don't
define you**

**YOU
DESERVE
TO BE
HEARD**

*your
opinions
matter*

it's okay to
rest and
recharge

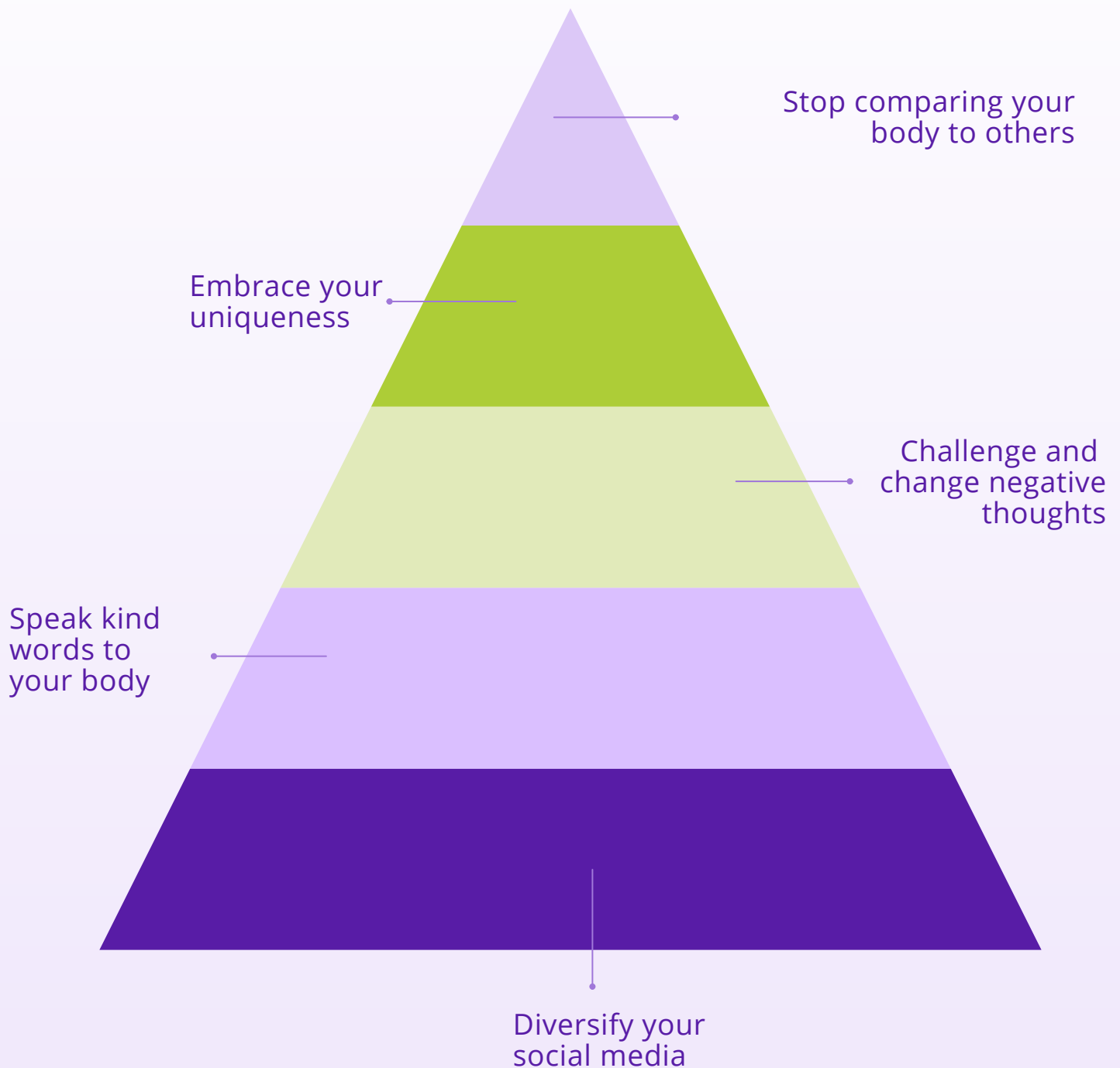
SELF-CONTROL



CYCLE OF SELF-LOVE



DEVELOPING BODY CONFIDENCE



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