

Self-Love Habits for #boldthinkers

- ♥ *Set boundaries that allow you to live openly and fully.*
- ♥ *Practice being a good friend you yourself.*
- ♥ *Tell the truth about what you want.*
- ♥ *Remember, saying "no" is always an option.*
- ♥ *Align your self-care practices with your core values.*
- ♥ *Lighten your mental load by firing your inner critic.*
- ♥ *Ask for help.*
- ♥ *Seek your own approval.*
- ♥ *Write down and acknowledge your weekly accomplishments (big and small).*
- ♥ *Prioritize your needs - daily.*
- ♥ *Commit to loving your body.*
- ♥ *Release patterns and behaviors that no longer serve you.*
- ♥ *Invest in yourself and your dreams.*
- ♥ *Push pause when you become overwhelmed.*

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Weekly Self-Love Plan

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

This week, I will support my self-love habits by:

Motivational quote:

Priorities for this week:

- _____
- _____
- _____
- _____
- _____