

# Your Beginners Guide to

# *Self-Love*

## Be Intentional

Dedicate time to your self-love practice every day. Whatever that may mean for you, focus on what makes you feel good and engage in that for a set amount of time daily.

## Speak Kindly to Yourself

Your inner voice sets the tone for your self-worth. Catch yourself when you're being critical and choose words that feel like love, not judgment. Speak to yourself as if you would with a dear friend.

## Set Boundaries Without Guilt

Saying no isn't selfish—it's self-respect. Protecting your time and energy is an essential form of self-love.

## Celebrate Small Wins

Even your smallest accomplishments matter. Acknowledge them like you would for a friend—cheer yourself on.

## Accept Where You Are

You don't have to be anywhere else to start loving yourself. Embrace your current self, even as you grow and change.

## Let Go of Perfection

Perfection is an illusion, not a requirement. Show up as you are—messy, real, and still worthy.

## Feel Your Feelings

Avoiding emotions doesn't make them disappear. Allow yourself to feel fully; healing begins with honesty.

## Nourish Your Body

Your body does so much for you—honor it. Eat when you're hungry, rest when you're tired, and move in ways that feel joyful.

## Take Breaks

Rest isn't a reward, it's a necessity. Give yourself permission to pause without guilt.

## Surround Yourself with Good Energy

Who and what you allow in your space matters. Choose people and environments that support your peace, not deplete it.

## Forgive Yourself Often

You are not your past mistakes. Let go of guilt and give yourself the compassion you offer to others.

## Create Without Judgment

You don't need to be "good" at something to enjoy it. Create for the joy of it—self-expression is healing, not performative.

## Reconnect with Your Inner Child

Do something playful just because it makes you smile. Your younger self still lives within you and deserves joy too.

## Limit Comparison

Comparison is a distraction from your own magic. Focus on your growth, not someone else's timeline.

## Practice Gratitude

Gratitude roots you in the present and expands your perspective. Notice what's good, even on the hard days.

## Be Honest with Yourself

Self-love means facing your truth, even when it's uncomfortable. Honesty builds a deeper relationship with yourself.

### Ask for Help When Needed

You don't have to do it all alone. Receiving support is a sign of strength, not weakness.

### Affirm Yourself Daily

Your words shape your reality. Speak love over yourself, especially on days you don't feel it.

### Invest in What Fills You Up

Spend time and energy on the things that light you up inside. Your joy is a worthy investment.

### Practice Stillness

You don't always need to "do." Take time to simply be—listen to your breath, your thoughts, your presence.

### Let Go of What Doesn't Serve You

Not everything is meant to stay. Release habits, thoughts, or relationships that hold you back from loving yourself fully.

### Do One Nice Thing for Yourself Daily

Start small: a kind word, a cup of tea, a moment of peace. These little acts add up and tell your nervous system, "I matter."

### Track Your Growth

It's easy to forget how far you've come. Journaling or reflecting reminds you that progress is always happening, even when it's quiet.

### Remember You Are Enough

You are not a project that needs fixing. You are worthy of love now—not just "someday."

## Make Self-Love a Lifestyle

This isn't a one-time fix; it's a daily choice. Choose yourself again and again, without apology.

*Every time you choose yourself, you teach others it's okay to do the same.*

Was this supportive to you?



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My work is rooted in the intention to bring more awareness to self-love practices—so that we can all begin to act from a place of love, wholeness, and empowerment. Through daily Instagram posts, I share gentle reminders and inspiration to help you reconnect with yourself. I also offer a variety of self-love themed products in my shop, including thoughtfully created eBooks, intentional gifts, and tools designed to support your journey inward. Everything I share is created with the hope of helping you choose yourself—again and again.

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