

DO A RANDOM ACT OF
KINDNESS FOR YOURSELF
EACH DAY

REALIZE THAT YOU ARE
FUNDAMENTALLY
WORTHY

BE HONEST WITH
YOURSELF

SAY ATTENTIVE AND
AFFECTIONATE THINGS TO
YOURSELF

HONOR YOUR NEEDS

LEARN HOW TO HAVE FUN
BY YOURSELF

TREAT YOURSELF

LISTEN TO YOUR BODY

FOCUS ON YOUR POSITIVE
TRAITS

ACCEPT RATHER THAN
PUNISH YOURSELF

SHOW YOURSELF
COMPASSION

CULTIVATE
SELF-AWARENESS

SPEND TIME GETTING TO
KNOW YOURSELF
BETTER

SUPPORT AND COMFORT
YOURSELF