

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