

# 12 WAYS TO START BEING

## Your Own Best Friend

01

DO A DAILY  
RANDOM ACT  
OF KINDNESS  
FOR  
YOURSELF

02

BE HONEST  
WITH  
YOURSELF

03

SPEND TIME  
GETTING TO  
KNOW  
YOURSELF  
BETTER

04

SAY  
ATTENTIVE &  
AFFECTIONATE  
THINGS TO  
YOURSELF

05

HONOR  
YOUR  
NEEDS

06

FOCUS ON  
YOUR  
POSITIVE  
TRAITS

07

TREAT  
YOURSELF

08

LEARN HOW  
TO HAVE  
FUN BY  
YOURSELF

09

SHOW  
YOURSELF  
COMPASSION

10

LISTEN TO  
YOUR BODY

11

REALIZE THAT  
YOU ARE  
FUNDAMENTALLY  
WORTHY

12

CULTIVATE  
SELF-AWARENESS