



Dear You,

Thank yourself for taking the time to explore the path of self-love. Your decision to prioritize your well-being is a beautiful commitment to yourself.

Promise yourself to cherish and nourish your inner love tank daily. Let this checklist be your companion along the way, guiding you towards deeper self-discovery and fulfillment.

May each day be filled with love and joy, lighting your path to self-love and happiness.

With Love,

*Coach Anna-Bernice*

P.S. Your soul loves you.





# SELF-LOVE

## *checklist:*



### **Practice Gratitude and Mindfulness:**

- Take a moment each day to reflect on something you're grateful for and practice mindfulness by staying present in the moment.



### **Engage in Positive Affirmations and Self-Compassion:**

- Repeat affirming statements and treat yourself with kindness and understanding, especially during challenging times.



### **Nourish Your Body and Prioritize Your Needs:**

- Eat nutritious foods that energize and nourish your body, and learn to say no to activities that compromise your well-being.



### **Connect with Loved Ones and Engage in Creative Expression:**

- Reach out to friends and family for support and connection, and explore your creative side through art, writing, or other forms of expression.



### **Celebrate Achievements and Progress:**

- Acknowledge your accomplishments, no matter how small, and celebrate your growth and resilience.



### **Get Quality Sleep and Move Your Body Daily:**

- Aim for restful sleep each night and engage in physical activity that you enjoy, such as yoga or walking.



### **Practice Forgiveness and Set Boundaries:**

- Release resentment towards yourself and others, and set boundaries to protect your energy and well-being.



### **Take Time for Soothing Activities:**

- Treat yourself to activities that promote relaxation and rejuvenation, like taking a bath or reading a book.



### **Spend Time in Nature and Cultivate Relationships:**

- Connect with the outdoors and appreciate the beauty of nature, and nurture meaningful relationships with those around you.



### **Express Gratitude and Love Towards Yourself:**

- Show yourself love and appreciation by prioritizing self-care and engaging in activities that bring you joy and fulfillment.

