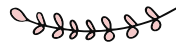


SELF-LOVE DAILY REFLECTION



List three things I accomplished that I'd like to celebrate:

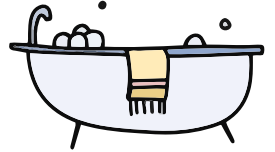


1.
2.
3.

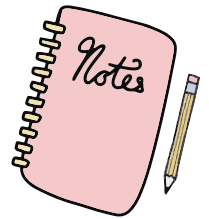
Check off three things I did for myself:



- Lit a candle or incense
- Took a bath with Epsom salt
- Made a cup of herbal tea
- Spent a few minutes meditating or visualizing something desired
- Put on or diffused essential oil(s)
- Exercised
- Ate mindfully with an intention to nourish
- Closed my eyes and took a few deep breathes when I felt anxious or overwhelmed
- Read for pleasure
- Drank sufficient water
- Gave myself a facial
- Wrote in a journal
- Went for a walk without technology
- Listened to an inspiring podcast, song, or audiobook
- Purchased something special
- Donated or sold unwanted belongings



Ommmmmm



Favorite quote, thought or mantra:



Assessing alignment:

Relax

1. Am I choosing foods, hobbies, and friends that healthily support me and the quality of life I want to live?
2. Am I dressing like the person I want to become?
3. Am I making decisions based on the person I aspire to be?
4. Am I talking to myself in a kind and loving way - the way I hope my loved ones or children speak to themselves?

YES	NO
YES	NO
YES	NO
YES	NO



Three things I'm grateful for:

