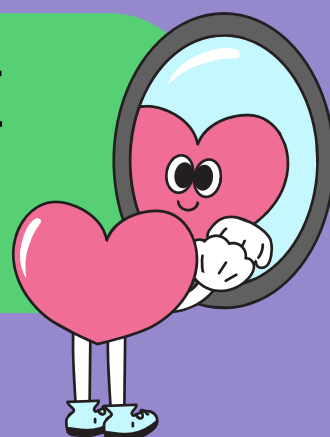




# WAYS TO INCREASE YOUR SELF LOVE



## Practice self care

Value yourself enough to make self care practice a regular part of routine.

## Give yourself the space to feel your emotions

Try surrendering to the feeling observe when in your body when you feel the pain, with patience, love and an understanding that it is not who you truly are.



## Connect with inner being

Make time to connect your inner spirit, your eternal self, through meditation, yoga or getting lost in an activity you love

## Practice gratitude for yourself and your body

Focus on all the amazing things you do, don't invest your self worth in your appearance



## Remember the common humanity you share with everyone

The truth is we are all human, flawed and prone to making mistakes as we navigate the world and learn and grow from our experience

