

Self-Love Tips

FOR BUSY WOMEN

Establishing a self-love routine can be simple and free. 5 minutes a day, or an afternoon.
You deserve it! Set an intention today.

"It is my intention to create cherished time just for me, because I deserve it."

Physical Self-Care

- Go for a walk / exercise
- Make a healthy snack / meal
- Buy / wear clothes (that make you feel good)
- Pamper yourself (hair, nails, bath, facial, massage)

Emotional Self-Care

- Positive mirror talk
- Spending quality time with a loved one
- Get immersed in your favourite book / movie
- Have a good cry (we all need it sometimes)
- Listen to your favourite music

Mental Self-Care

- Say 'no' to some extra responsibility (try it)
- Journal (or just write) how you're feeling
- Discover a new location / explore (art gallery, museum)
- Get Creative (colour, draw, paint, make)

Spiritual Self-Care

- Meditate / Pray / Silence
- Take a walk in nature or along the beach
- Kick off your shoes and feel the grass underfoot
- Make a list of things you're grateful for