

# SHOW SOME (SELF) LOVE

Hi There!

If you were looking for a sign that you're **capable, wise, resilient, and courageous**, then this is your wake-up call.

You showed up. **You never gave up.** Day in & day out, you did the best you could. Maybe, you opened up to new endeavours, new abilities, new skills. Maybe, you fell head-first for a new passion, a new hobby.

Whatever you did, **chances are it was your intuition calling.** Chances are it was a way of coping with the situation. Going through the last 12 months IS a big deal.

**You did what you could to keep your head above the water.** You deeply cared for your loved ones. You're an amazing Human that deserves a simple way to move forward.

Ditch all the crap around. **Follow what's good for you.** Now, it's time to be healthily selfish & list all the qualities you have (big or small, trivial or crucial, ....)



Use each bubble on the next page to write down something **meaningful** about you.

Something you want to keep in mind because **it puts a smile on your face.**

Something that makes you feel **proud, happy, content, courageous, confident, cosy & everything in between.**



**NOTES:**