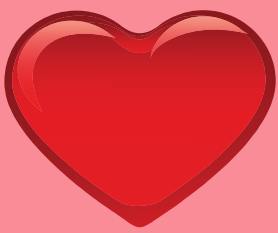


# SELF-LOVE REMINDERS



1

## FIRST LOVE - SELF LOVE

Self-love is having a strong awareness and promotion of your own well-being, happiness, and strength. Finding and always holding a first love in self is a strong and concrete love that will help you accomplish your goals.



2

## KNOW THAT YOU CAN

Always know that you can do whatever you set as a goal for your future. Never give up! You hold the power!



3

## HAPPINESS IS WITHIN

Allow happiness to come from within. Think happy thoughts, view the brighter sides, and choose to be happy.



4

## SPEAK POSITIVE WORDS TO YOUR SELF

You are your best cheerleader. Speak positive words to yourself each and every day. Tell your self that you are beautiful, smart, talented, and that you can accomplish your goals.



5

## WRITE POSITIVE WORDS

Journaling, writing poetry, or doodling are great ways to send positive reminders to your self. Write words of encouragement in a journal or draw colorful; positive words that remind you of all that you are and all that you can accomplish.



6

## THINK POSITIVE

Think positive thoughts that will allow you to always view the world through your own lenses.

The mind is powerful and thoughts can lead you down the path of your choosing.