

SELF-LOVE

checklist

Unconditionally Deserving

- Spend as much time as you can with Mother Nature
- Buy yourself a lovely potted plant
- Take a break from social media
- Give yourself permission to do nothing...at all
- Find a quiet, distraction free area to be alone with your thoughts
- Spend time with your children, young or adult
- Read a book, a real book. Feel the pages
- Take a long, luxurious bath
- Crank the tunes and dance!
- Look at your beautiful naked self and fall in love
- Hug a tree, literally
- Write or read poetry that lights you up
- Treat yourself to your favourite beverage and treat
- Dress like you have somewhere to go. Ditch the all-day yoga pants
- Read any or all of my [blogs](#)

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- Say no
- Say yes
- Make someone feel good whenever you can
- Learn something new
- Set a no-screens time in your house
- Make a list of all the things you like about yourself
- Express your feelings
- Tell someone how much you appreciate them
- Give yourself permission to unplug from the "noise"
- Adopt a pet, or plant, or hobby and tend to it
- Find a new recipe, one that feeds your soul, and share it with loved ones
- Implement a "treat yourself" day (mine is Friday)
- Light a candle in the dark
- Repeat as needed
- Reach out for professional mental health support