



WILD ABOUT YOU

Bold New Girls

5 WAYS to Practice Self

Make time for you – to feel, to think, to imagine, to process, to dream, to heal, to be still, and to be grounded and in your body.

1. LOVE YOUR TIME WITH YOURSELF!

Get to know yourself as you are today – what are you curious about, interested in, and passionate about right now? What are your favourite and least favourite things today?

2. LOVE YOURSELF AS YOU GROW AND CHANGE.

Remove stress – eliminate the people, activities, commitments, and circumstances that are too much, too unhealthy, and just not good for you right now.

3. LOVE YOURSELF FREELY.

Practice unconditional love – identify your strengths, how you are changing and growing, and your flaws and failings and follow each with: “And I love that about myself!”

4. LOVE YOURSELF UNCONDITIONALLY.

Prioritize self-care. Ask, “How do I need and want to be loved today?” And love yourself in these ways (set your boundaries, slow down, rest, have a bath, walk in nature, read a book, pause your to do list, go out for dinner – solo or with friends, etc.)

5. LOVE YOURSELF FIRST!