

101 Ways to Love *Yourself*

By Michelle Mullady



Buy yourself flowers (48)

- 1 Tell yourself that you are loved ♥
- Give yourself a hug
- 3 Make yourself feel important and respected ♥ Create your own fun 5
- Enjoy nature ♥ Give yourself special gifts
- 7 Be there when a friend is needed ♥
- Spend time alone
- 9 Welcome change ♥ Listen to music that uplifts you
- 11 Throw a party ♥ Find out what is special to you, and do it often 13 Read books ♥ Believe you can
- 15 Make lists of all the things you like about yourself ♥ Create goals 17 Laugh outloud ♥ Choose nurturing and harmonious relationships 19 Approve of yourself ♥ Write a poem 21 Give generously ♥ Receive graciously 23 Trust ♥ Pamper yourself 25 Dream BIG ♥ Share your blessings 27 Relax ♥ Stop all self judgement and self criticism 29 Praise yourself ♥ Keep a journal 31 Meditate ♥ Pray 33 Be caring ♥ Forgive 35 Breathe ♥ Exercise 37 Eat healthy foods ♥ Drink water 39 Sing ♥ Dance like no one is watching 41 Manage your finances ♥ Rejoice in others good fortune 43 Feel all of your feelings ♥ Talk about your life 45 Be proud of your accomplishments ♥ Express gratitude 47 Release negativity ♥ Buy yourself flowers 49 Stretch ♥ Plan and go on a road trip 51 Say "YES" often ♥ Practice saying "NO" as well 53 Value your opinions ♥ Honor your intuition 55 Join a support group ♥ Encourage those you love 57 Play ♥ Be creative 59 Plan for your prosperous retirement ♥ Pay your debts 61 Travel ♥ Tell your secrets to someone you trust 63 Admit imperfections ♥ Celebrate your uniqueness 65 Ask for help ♥ Be supportive 67 Deeply feel joy ♥ Refuse to gossip 69 Inspire others ♥ Teach love 71 Find your calling ♥ Share your gifts, talents, and skills 73 Manifest your destiny ♥ Create pleasure 75 Dissolve your resentments ♥ Demand freedom 77 Help heal the planet ♥ Love someone else 79 Let peace begin with you ♥ Be a good listener 81 Always support yourself ♥ Choose a positive attitude 83 Watch the sunset ♥ Smile 85 Claim your good ♥ Wish 87 Discover new ways to create joy ♥ Embrace your true self 89 Learn something new each day ♥ Try to impress yourself, not others 91 Look for the positive ♥ Accept compliments 93 Let go of perfectionism ♥ Make more mistakes 95 Send yourself love letters ♥ Donate your time and money to fantastic causes 97 Seek balance ♥ Expand your knowledge 99 Practice patience ♥ Participate in community service 101 Keep an open mind

© Michelle Mullady 2007