

self-love guide



Self-love means loving yourself unapologetically.

It means taking care of you and being there for you & not abandoning yourself for anyone or anything... If you don't value yourself, you may neglect your own needs and feelings or you may self-sabotage and make decisions that aren't in your own best interest.

For many people, the concept of self-love can be misunderstood or even uncomfortable.

Recognize that you are a human and perfection in human nature does not exist. Making a mistake doesn't decrease your value or worth. It simply makes you human. When you make a mistake, allow yourself to be human.

We are often taught that prioritizing ourselves or our needs is selfish.

However, true self-love is: self-respect and self-acceptance. It's caring about your own happiness and well-being, so you can overflow that love into all other areas of your life.

Acknowledge disappointments, but also offer yourself forgiveness and patience. Hold yourself accountable, learn from the event, and commit to change that will prevent similar mistakes in the future.

This is self-love and care.

self-love essentials



PUT YOURSELF
FIRST



BELIEVE IN
YOURSELF



TAKE CARE OF
YOURSELF



CELEBRATE
YOURSELF



BE KIND
TO YOURSELF



SET BOUNDARIES
WITH TOXIC PEOPLE



DON'T COMPARE
YOURSELF TO OTHERS



RESPECT
YOURSELF



ENCOURAGE
YOURSELF



PROCESS
YOUR FEARS



BECOME YOUR
OWN BEST FRIEND



FIND YOUR
CREATIVE OUTLET



KNOW
YOURSELF



DATE
YOURSELF



MIRROR
WORK



SELF-CARE TOOLKIT

An icon showing hands clasped in prayer, symbolizing gratitude.

Start a gratitude journal

An icon of a person sitting in a meditative pose.

Meditate for 15 minutes

An icon of a smartphone, representing social media.

Spend a day off of social media

An icon of a hand writing on a piece of paper, symbolizing a brain dump.

Do a Brain dump on paper, then burn it

An icon of a person walking outdoors, symbolizing a walk.

Take a 15 minute walk outdoors

An icon of a microphone, representing a podcast.

Listen to a podcast

An icon of a bowl of dessert, symbolizing a healthy treat.

Make a healthy dessert

An icon of a person stretching, representing physical activity.

Stretch for 10-15 minutes

An icon of musical notes, representing listening to music.

Listen to your favorite music

An icon of lungs, symbolizing deep breathing exercises.

Practice deep breathing

An icon of a graduation cap, representing a course or development.

Take a personal development course

An icon of an open book, representing reading.

Read a book for 15 minutes

An icon of a clipboard with a checklist, representing goals.

Write a list of short-term goals

An icon of a hand holding a trash can, symbolizing decluttering.

De-clutter a room or desk

An icon of a heart, representing an activity you love.

Do an activity you love

An icon of a person smiling, representing a happy place.

Find a place that makes you happy

An icon of a gear and a book, representing learning a new skill.

Start learning a new skill

An icon of a 'no' symbol (a circle with a slash), representing saying no.

Say no to something

An icon of a shopping cart, representing buying something.

Buy yourself something

An icon of a sun and a clock, representing evaluating routines.

Evaluate your am/pm routines

An icon of a person with arms raised, representing pride.

Do something that makes you proud of yourself

An icon of a hand writing on a mirror, representing a positive note.

Write a positive note on your mirror

An icon of a shower head, representing a long shower or bath.

Take a long shower or bath

An icon of a nail polish bottle, representing getting nails done.

Get your nails done

An icon of a heart with a speech bubble, representing inspirational quotes.

Read inspirational quotes

An icon of a grid with various images, representing a vision board.

Create a vision board

An icon of a person receiving a massage, representing acupressure.

Get an acupressure massage

An icon of a person's face with a mask, representing a hair and face mask.

Do a hair and face mask

An icon of a person sleeping, representing taking a nap.

Take a nap without any guilt

An icon of a person in a yoga pose, representing taking a yoga class.

Take a Yoga Class

'The Healing Hug' Method

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PURPOSE

To feel loved,
be there for yourself,
regulate your nervous system

METHOD

Wrap your arms around yourself, and hold tight, like a bear hug. You can put your head down into your arms for more comfort.

Hold yourself and have compassion for yourself.

'The In-touch' Method

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PURPOSE

To center yourself,
get in touch with your body,
calm your mind

METHOD

Place one hand on your heart and one
hand on center of your belly (above
belly button)

Rub your heart, focus on your breath,
tell yourself everything is okay in this
moment.

Need More Insight?

Energize. Heal. Transform. & Awaken.

- 4 Video Presentations with reference sheets

Your Guides to discovering your power and becoming the Best Version of You!

Providing you with science-based insights and tools to align with the path that fills you with peace and joy.

START TODAY!



VISIT ↓

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