

The 5 Love Languages of Loving Yourself!

QUALITY TIME:



- TAKE A WALK ALONE
- SIT IN NATURE
- JOURNAL
- SPEND TIME ON YOUR HOBBIES
- TAKE A NIGHT OUT ALONE
- DO SOMETHING ON YOUR BUCKET LIST
- SPEND A NIGHT ALONE IN A HOTEL
- TAKE A LONG BATH

ACTS OF SERVICE:



- ASK FOR HELP
- HIRE A BABYSITTER FOR A FEW HOURS
- HIRE A CLEANING SERVICE
- ORDER DELIVERY FOR DINNER
- GET A BEAUTY SERVICE DONE
- TAKE CARE OF YOUR BASIC NEEDS
- ELIMINATE TO-DOS FROM YOUR LIST
- TAKE A NAP

PHYSICAL TOUCH:



- WORKOUT
- GIVE YOURSELF A MANI OR PEDI
- GIVE YOURSELF A FACIAL
- TAKE A WARM BATH
- CUDDLE UP IN A SOFT BLANKET
- PLAY WITH YOUR HAIR
- TAKE A LONG SHOWER
- MASSAGE YOUR NECK OR SHOULDERS

GIFTS:



- BUY YOURSELF FLOWERS
- GET YOUR FAVORITE TREAT
- INVEST IN YOUR HOBBIES
- GET A MONTHLY SUBSCRIPTION BOX
- GET A BOOK OR MAGAZINE
- CREATE AN AMAZON WISHLIST
- ADD AN ITEM TO YOUR CLOSET
- TREAT YOURSELF TO LUNCH

WORDS OF AFFIRMATION:



- RECITE DAILY AFFIRMATIONS
- HAVE A GRATITUDE PRACTICE
- READ YOUR COMPLIMENT JOURNAL
- TALK TO YOURSELF--OUT LOUD!
- SAY "I LOVE YOU!"
- LEAVE A NOTE ON YOUR MIRROR
- LIST WHY YOU'RE PROUD OF YOURSELF
- WRITE YOURSELF A LOVE LETTER