LOVE YOURSELF WELL

Loving Yourself Makes The World a Better Place

YOU DESERVE TO BE LOVED:

For who you are
In this Moment
Always

LOVE YOU

TAKE TIME TO LOVE YOURSELF WELL

By Nicole Jacobsen

Loving yourself well makes the world a better place. When we are happier and healthier we have more to give to the world. Now is the time to love yourself well. Talk kindly to your body and to yourself. Make decisions that support and nourish you. Treat yourself with love and kindness.

If you have pain or discomfort take time to sit with that pain to see what it is telling you. Listen to what it is that you need and take the appropriate action. Sometimes it will mean making some changes and at other times you will know to reach out for support.

If you look after yourself, you will be able to give more to those around you and live the life you truly deserve.

Know that you are worth it. It is time to change the patterns of behaviour & thoughts that are no longer serving you. You are good enough, you are worthy and you do deserve to be loved well. It starts with you!

LEARN TO LOVE YOURSELF

By Nicole Jacobsen

Your unique looks & characteristics are what make you who you are. There is no one else in the world exactly like you. It is through being your unique self that you bring your magic to the world.

Learn to love who you are, knowing there is no one else that you need to be. Your heart and spirit are as strong as ever. Embrace your differences, you were born who you were meant to be.

Have the courage to be your authentic self and see how you shine. As you love yourself more your inner strength will grow, people will be attracted to the essence of all that you are.

Make it a daily practice to love yourself well, doing or saying at least one thing that acknowledges your love for yourself.

Commit to doing or saying one thing per day that acknowledges your love for yourself. You deserve it.

LOVE FOREVER

I take care of my physical body.

I look after my mental health.

I set healthy boundaries.

I listen to what it is that I need.

I speak kindly to myself.

I accept myself as I am in this moment.