10 things I love more about myself each day.

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10 things are I am grateful for.

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10 ways in which I speak well of myself.

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How would you like to think about you today?

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What can you do to practice self-love today?

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Pay yourself three compliments:

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What would you like to try, just for you?

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What needs to be let go?

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Where do you put others before your own needs? How would you like it to be?

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What thoughts do you want to think about you?

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What are some of your basic needs, that you know keep you healthy and need practiced more?

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Where do you need to practice saying no more often? And yes?

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What do you need to do on a daily basis for your own emotional, physical and mental wellbeing?

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If you practiced self-love, how would this change your confidence levels? What would be on your own self-care plan?

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