

# ULTIMATE GUIDE TO SELF LOVE

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## 4 WAYS TO CLEAR YOUR HEAD FOR THE DAY AHEAD

### 1. Meditation

-Start with setting a timer for 10-15 minutes, close your eyes, sit or lay in a comfortable position & then focus on the movement of your breath as you inhale and exhale.

### 2. Morning Pages

- Every morning before you roll out of bed, pen your thoughts and anxieties of the day ahead for three whole pages. If you can't think of anything to write, write that. Once the notebook is full, discard of the journal and start fresh!

### 3. Attitude of Gratitude

-Simply begin every morning by stating or listing three to five things you are grateful for.

### 4. Get Your Heart Pumping

-Take a run or walk around the block or do a series of squats, pushups, and stretches in your room. Whatever makes you happy & gets your heart racing!

## SELF-CARE REMINDERS

- Drink plenty of water
- Get a good night's rest
- Take a hot shower or a bubble bath
- Treat yourself to an at home spa day
- Listen to your body and your mind
- Return to gratitude throughout the day if you find yourself getting frustrated or lost.
- Daily affirmations
- Turn on music and dance
- Seek solace in mother nature
- Reflect - journaling, phoning a friend

## BOOK RECOMMENDATIONS

*The Artist Way* by Julia Cameron

*A Return To Love* by Marianne Williamson

*How To Win Friends and Influence People* by Dale Carnegie

*7 Habits of Highly Successful People* by Stephen R. Covey

*Getting the Love You Want* by Harville Hendrix

*The 48 Laws of Power* by Robert Greene

*You Are a Badass* by Jen Sincero

*The Four Agreements The Secret* by Don Miguel Ruiz

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