

## 5 tried ' true practices for self-love

Some of these might seem silly; do them anyways. The best way to utilize these practices is to start with one and anchor it with something you already do habitually. For instance, if brushing your teeth is something you do first thing every morning, then add in the mirror mantra.

I also want you to know that self-love is a practice. You will have bad days and good days. Just know that You are doing amazing work every time you do just one practice from this list.

Lastly, these are the same practices I have used in my own self-love journey. It has been a neat journey to watch my mind change. I can look in the mirror at any time and find something that is beautiful, sensual, and confident. It is my hope that you find your new lens, too.

### 1. *Mirror mantra:*

Look into your own eyes and repeat the following 3 phrases:

(You can start in your head. But gradually start saying them out loud to yourself)

♥ You are beautiful

♥ You are sexy

♥ You are a badass

### 2. *Love touch:*

Choose an area of your body you want to reconnect with. It can be your nose, belly, thighs, clitoris, or your toes! At a time when you feel most safe for you, set a timer for one minute. Close your eyes and touch that one area of your body over and over. Use positive affirmations as you touch like, *you are part of me, you are beautiful, you serve me, and I love you*. Each time you do this practice, set the timer for a little longer.

### 3. *Partner ask:*

Ask your partner what they find most attractive about you. Ask about specific body parts. With this new knowledge in mind, stand in front of a full-length mirror and practice seeing you through their lens. For this practice, you will have the conversation with your partner at least once every day and stand in front of the mirror thinking specifically through that lens.

\* if you don't have a partner, ask a close friend or family member whom you trust.

### 4. *Wear one clothing item that feels amazing:*

It could be panties, socks, a t-shirt, and even lack of clothing counts. So if going without a bra feels super sexy, then do that! The goal here is to wear what feels good so that you feel good. If you can't find just one piece of clothing that makes you feel your very best, this is your opportunity to go shopping!

**Pro Tip:** When shopping, shop based on colors that catch your eye first and then how the material feels when you touch it. When trying items on, turn your back to the mirror and decide on how you feel before turning around. If what you're wearing feels awful, take it off and don't even look at it. I want you to start choosing what you wear based on how the clothing makes you feel, and not what the mirror's reflection might say.

*5. Journal / Write down 3-5 things You love about body every day:*

This doesn't have to be elaborate. You can use the mantra sheet as inspiration.

By taking the time to write down your truths every day, you are retraining your brain to talk kindly to you. One day very soon, these positive messages you are showering yourself with will become part of your regular self-talk. Make sure you celebrate that!

Remembers this is a Journey and I'm here for you every step of the way!