

SELF-LOVE


DAILY REMINDERS
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I WELCOME
SELF-LOVE TO MY
LIFE TODAY





I CHOOSE TO
LOVE MYSELF
AS
I AM NOW!

REMEMBER TO
TREAT
YOURSELF
KINDLY  WHEN
YOUR EMOTIONS
ARE BEATING UP
YOUR BRAIN

THE BEST
PROJECT YOU
WILL EVER
WORK ON IS
YOURSELF





LOVE YOURSELF ENOUGH
TO LIVE A HEALTHY
LIFESTYLE

A collection of yellow daisy flowers with green centers is scattered around the text on a light yellow background. One flower is in the top left, one in the top right, one in the middle left, one in the middle right, one in the bottom left, and one in the bottom right. There are also partial flowers on the far left and far right edges.

NEVER FEEL

QUILTY FOR

DOING WHAT'S

BEST FOR YOU

TODAY IS A GREAT
DAY TO BE PROUD
OF ALL THE
PROGRESS YOU'VE
MADE



NEVER FORGET
HOW WILDLY
CAPABLE YOU ARE



The background is a light-colored marble surface with grey veining. Several slices of orange and grapefruit are scattered around the text. A small sprig of thyme is visible on the left side.

SELF LOVE IS THE

ABILITY TO FEEL

BEAUTIFUL

WITHOUT NEEDING

SOMEONE TO TELL

YOU.