


A

hey, you
help me?

ASK FOR HELP

B



BUBBLE BATH TIME!

C



CREATE SOMETHING

D



DO A DIGITAL DETOX

E




EXERCISE

F




FIX YOURSELF UP

G




GET GRATEFUL

H



HYDRATE

I



IDENTIFY
INSPIRATION

J




KEEP A JOURNAL

K



KEEP BEING KIND

L



LAUGH - A LOT!

M



MAKE MUSIC
(OR PLAYLISTS!)

N



NOTICE NATURE

O

ORGANIZE & DONATE

P

PLAN SOMETHING

Q

QUIET TIME

R

READ MORE BOOKS

S

SLEEP & REST

T

TALK ABOUT YOUR FEELINGS

U

UNPLUG FOR A DAY

V

VISUALIZE WHAT YOU WANT

W

WATCH THE SUNRISE

X

(E)XAMINE YOUR HABITS

Y

YOGA! TRY IT!

Z

ZONE OUT & GET ZEN

“Self Care is about giving the world the best of you, not what is left of you”



GOOD REASONS to put down your PHONE

@POSITIVELYPRESENT



10 WAYS TO PRACTICE *self-love*

@POSITIVELYPRESENT

DON'T SETTLE FOR LESS

DISCOVER WHO YOU ARE

SELF-LOVE EBOOKS

FORGIVE YOURSELF

FOCUS ON THE POSITIVE

HOW ARE YOU FEELING?

NO, REALLY. BE HONEST!

BE HONEST WITH YOURSELF

YOU ARE HERE ↓

ACCEPT WHERE YOU ARE

TAKE CARE OF YOUR BODY & MIND

BE OPEN TO CHANGE

TRY NOT TO COMPARE

SEEK OUT INSPIRATION

The infographic features ten self-love practices arranged in a grid. Each practice is accompanied by a colorful illustration: a purple butterfly for 'DON'T SETTLE FOR LESS'; two ebooks labeled 'LOVING YOURSELF' and 'FINDING YOURSELF' for 'DISCOVER WHO YOU ARE'; a pink heart with a bandage for 'FORGIVE YOURSELF'; a magnifying glass over a battery for 'FOCUS ON THE POSITIVE'; a thought bubble with 'HOW ARE YOU FEELING?' and another with 'NO, REALLY. BE HONEST!' for 'BE HONEST WITH YOURSELF'; a wooden sign with 'YOU ARE HERE' and a downward arrow for 'ACCEPT WHERE YOU ARE'; an open book and a rolled-up mat for 'TAKE CARE OF YOUR BODY & MIND'; a circular diagram with leaves and a snowflake for 'BE OPEN TO CHANGE'; a field of flowers for 'TRY NOT TO COMPARE'; and a rainbow over a cloud for 'SEEK OUT INSPIRATION'. The background is decorated with small black stars and larger yellow starburst shapes.

Mindful Colouring in Sheets

