

# DAILY SELF-LOVE PLAN

## LOVE BITES

### Short, bite-sized self-love practices throughout the day:

- Affirm: "I AM worth" (Pillar #1)
- Be mindful of self-negativity and counter with positive statements (Pillar #2)
- Power up and maintain your shields and respect and protect your boundaries (Pillar #3)

## 14-MINUTE SELF-LOVE PRACTICE

- Open Your Heart Visualisation (Pillar #4)
- Self-Forgiveness Visualisation (Pillar #5)

### ALTERNATE:

- Self-Compassion Meditation (Pillar #6)

### OR

- Embrace Your Infinite Nature Meditation (Pillar #7)