

# Self love

## 15 WAYS TO PRACTICE

### Mind

- Write out the days to-do list
- Do an active journaling exercise - 'What am I holding on to that I want to let go of?'
- Write yourself a love letter including everything you're proud of yourself for over the last 12 months
- Read a book or magazine
- No phone time 2 hours before bed. Aim for 7-8 hours of sleep

### Body

- Move your body in a way that makes you feel good
- Have a luxe shower - use your favourite scents, wash your hair, shave your legs, exfoliate
- Go for a walk in nature
- Stand in front of a mirror and tell yourself 3 things you're grateful for about yourself
- Don't skip any meals this week

### Soul

- Meditate
- Set aside 1 hour spare in your calendar this week just for you
- Catch up with a friend
- Leave your phone at home for a day
- Choose a self development book/audio book/podcast to read or listen to this month

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THE NOURISHING AMI PODCAST



IT'S TIME TO GET  
YOUR SPARKLE BACK



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