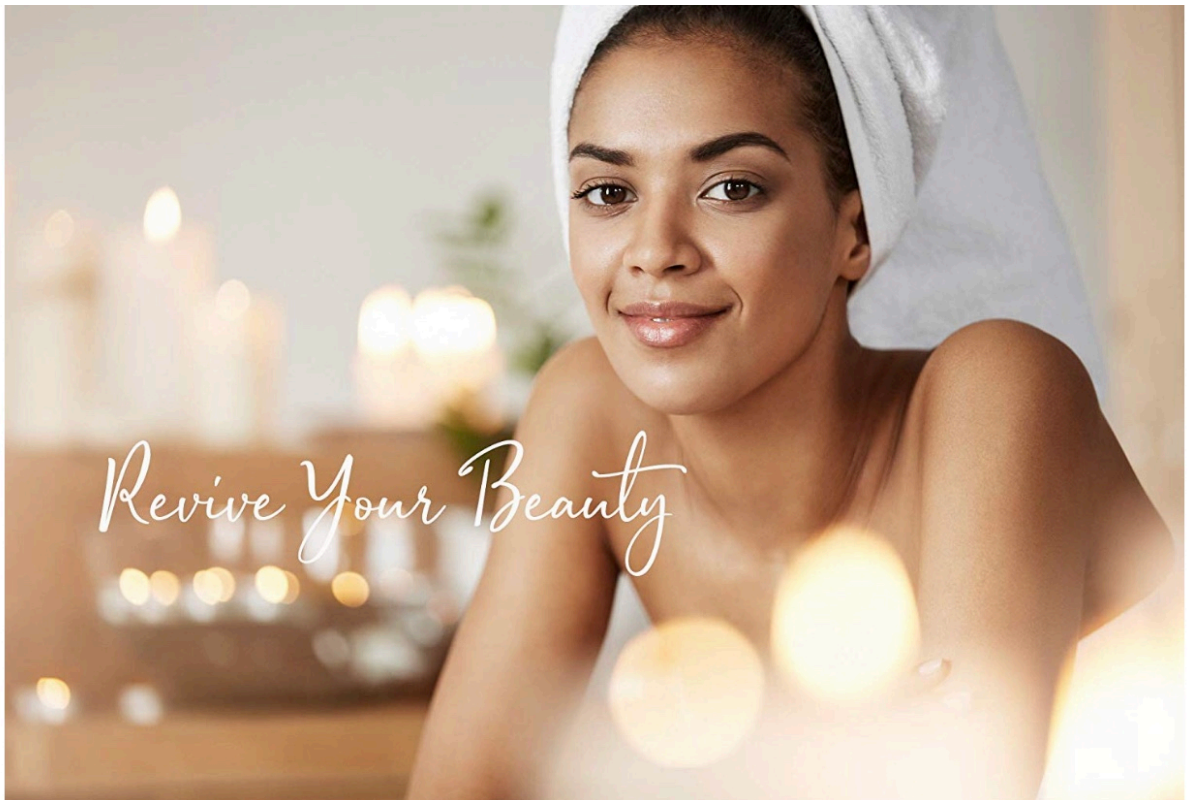


50 Powerful ways to Self Care in 2020

Revive your Beauty



Winter 2019

SELF LOVE SCHOOL

Let's begin ...

SELF LOVE

IS AT THE CORE OF EVERYTHING

When we radiate from a place of self love, you are sending out a message to the universe that you are **READY** and **OPEN** for life to shower you with abundance and bring you everything you desire.



YOU INVITE

**YOUR DREAMS TO
BECOME YOUR
REALITY**

**BY
LOVING YOURSELF
ENOUGH TO BE
WORTHY OF THEM**

SELF LOVE SCHOOL

So how do we *Self Love* and
Self Care?

I am going share with you 50 *Powerful* ways
to Show yourself that you care and Love
yourself in 2020.

If you use this guide to implement these tools,
you will experience a dramatic change in your
life.

1. A lunch date with a Friend
2. A day Outdoors, get some fresh air
3. A date night (can be with yourself)
4. 24h no Social Media
5. A night out with friends
6. A day helping others
7. A pamper day for yourself
8. Movie night
9. A day learning a new skill
10. A day spent in creativity eg. Singing, painting,
drawing, designing, writing, blogging



11. A night cooking dinner for someone
12. Have candle light night
13. Give yourself a foot massage
14. Practice Focused Breathing
15. Write down 10 things you are grateful for
16. Dance like crazy
17. Buy yourself flowers
18. Do some stretching eg Yoga
19. Call someone you love
20. Spend some time journaling



21. Meditation

22. Watch funny YouTube videos

23. Soak in a bubble bath

24. Write down positive affirmations

25. Create a vision board for your dreams

26. Do a workout

27. Get a massage

28. Read a book

29. Listen to Podcasts

30. Go on a hike



- 31. Organise your wardrobe
- 32. Slow down, be present, be mindful
- 33. Make a list of 10 things you Love about yourself
- 34. If it feels wrong, don't do it
- 35. Say exactly what you mean
- 36. Don't be a people pleaser
- 37. Trust your instincts
- 38. Never speak bad about yourself
- 39. Don't be afraid to say NO
- 40. Don't be afraid to say YES



- 41. Be Kind to yourself
- 42. Let go of what you can't control
- 43. Stay away from Drama and negativity
- 44. Create a play list of songs that make you feel good
- 45. Go somewhere that you can watch the Sunset by yourself
- 46. Get a good night sleep
- 47. Bake some cookies and send it to your neighbours
- 48. Go to a therapist
- 49. Learn Emotional Freedom Technique EFT to release stuck emotions
- 50. Find your purpose and take steps everyday to get closer to fulfilling it!

“Self-Care is never a selfish act, it is simply a good stewardship of the only gift I have, the gift I was put on this Earth to offer to others.”

So there we have it! 50 ways to *Self Care* that will instantly boost your mood and *Self Esteem*.

AND IT ALL STARTS FROM A PLACE OF
SELF LOVE



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