

I STAND FOR LOVE



10 steps to move from Self loathing to Self LOVING

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1. Breathe
2. Say I love you to yourself first thing each morning
3. Mirror work
4. Check in with yourself
5. Write yourself love notes
6. Pay attention to situations that trigger you
7. Move away from situations that trigger you
8. Move towards fun, comfort + love
9. Get on the table
10. Find teachers that you resonate with