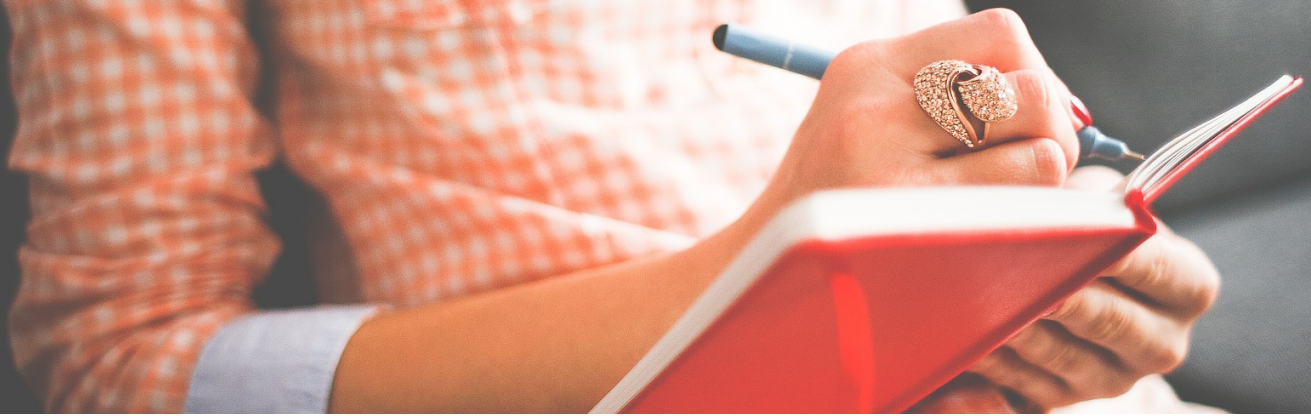


Kimberly DuBrul Coaching

YOU. AT YOUR BEST.

SELF LOVE & SELF CARE



"Self-love is, in essence, a loving attitude from which positive actions arise that benefit you and others."
Robert Holden, from his book Loveability (Knowing How to Love and Be Loved)

Keep the lists below handy to remind yourself to weave into your thoughts and activities each week. It takes consistent purpose and intention to build self love, so make this an unquestioned, unapologetic part of your life. Self care comes out of a foundation of self-love. Keep this in mind- these are ideas for you- you know you better than anyone, so add your ideas to the lists, as well!

Self-Love Cultivators

- Meditation
- Quiet thinking time
- Journaling
- Coaching
- Therapy
- Personal development classes
- Prayer
- Reflection
- Recognizing what's good about you- writing a What's Good About Me list and reading it often.
- Time with caring friends who listen.
- Time in nature.
- Keep your environments clean and uncluttered, including your car.
- Take breaks, vacations, and personal retreats both alone and with people you love.
- Gratitude lists (daily, including some about yourself) (before bed is ideal)
- Eat mindfully, taking your time and sitting down

Self-Care Activities

- Eat what serves you best. (take the time to learn this)
- Move your body everyday.(take the time to make a plan and figure out what works for you)
- Candles, diffuser, music and thoughtful ambience in your spaces.
- Salt Caves, saunas, baths
- Sound Healing
- Massage and other body work
- Say no when you want to
- Treat yourself
- Affirmations spoken out loud like "I love and accept myself."
- Read and/or engage in activities that you love
- Have fresh flowers in your house and office.
- Dress up even when you don't have to, wear clothes you feel good in.
- Dance
- Sing
- Humor, smiling, laughing
- Help someone, show gratitude for someone.
- Accept compliments gracefully.
- Have a no technology day once a week.



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