

25 Ways to Love Yourself

God's Way

1. Remember you are valued and precious to God
2. Know, accept, and be yourself.
3. Forgive yourself like God forgives you.
4. Treat yourself with care and compassion.
5. Care for your physical needs . . . diet, move, rest.
6. Refuse to waste time on stinkin' thinkin'.
7. Ask for help when you need it.
8. Sing, dance, and laugh more.
9. Refuse to speak unkind words to yourself.
10. Say 'no' when you need to.
11. Do something you were created to do everyday.
12. Pursue your hopes and dreams.
13. Be honest with yourself and others.
14. Pray - ask God to help you know your strengths.
15. Pray - ask God to show you your weaknesses.
16. Pray - ask God for His guidance and help.
17. Stop and give thanks for your life everyday.
18. Spend time with people you love.
19. Accept what you can't change.
20. Forgive others.
21. Be brave and try something new.
22. Believe God has a plan and purpose for you.
23. Live fully engaged in every moment.
24. Be patient with yourself.
25. Be still - know and love God.