SELF-LOVE AND SELF-CARE BILL



OF RIGHTS



May this list inspire you to create your own bill of rights to empower you to give yourself more love and care!

I have the right to treat myself with kindness and compassion









I have the right to know my tremendous worth







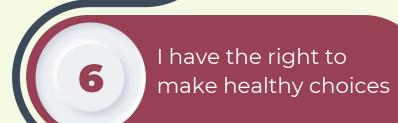


I have the right to establish boundaries and stick to them







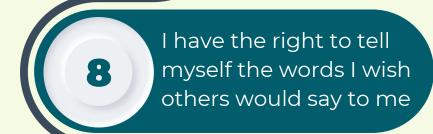


I have the right to praise myself for the good I do each day







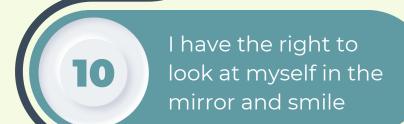


I have the right to breathe deeply before changing tasks









I have the right to live my life from my inner guidance and power





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