

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

1

I have the right to rest even when everyone else is busy

2

I have the right to know my tremendous worth

3

I have the right to stop what I am doing to check in with myself

4

I have the right to establish boundaries and stick to them

5

I have the right to make healthy choices

6

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

7

I have the right to tell myself the words I wish others would say to me

8

I have the right to breathe deeply before changing tasks

9

I have the right to look at myself in the mirror and smile

10

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

11

I have the right to feel exactly how I am feeling, without avoidance

12

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