



Be Your Own Valentine!

50 Happy, Healthy ways to love Yourself for Valentine's Day or Any day

1. Make the decision to love yourself. Recognize that self-love is a choice.
2. Practice ahimsa with yourself; i.e. choose to cause no harm to yourself.
3. Feed yourself whole foods which have not been refined/or with as little processing as possible.
4. Make a smoothie with clean protein, fruit, and healthy fat such as an avocado or coconut or chia seeds.
5. Take time to meditate.
6. Have a morning ritual that includes reading something inspirational.
7. Get outside every day and connect with the wonder of nature and the universe.
8. Forgive yourself every day.
9. Apologize to yourself when you are unkind to yourself.
10. Say nice things to yourself; find at least one thing you can complement yourself about daily.
11. No more name calling; use only loving terms of endearment to yourself about yourself.
12. Write your story from the perspective of being a hero/heroine.
13. Share your story with someone.
14. Go take a hike.
15. Play at a playground.
16. Ride one of the kiddie rides at an amusement park; like a merry-go-round or kiddie train.
17. Read the Bill of Rights for ACOA's/ACOD's regularly.
18. Scribble draw or finger paint for the sheer release and pleasure of it.
19. Take aromatherapy/or Epsom salt baths.
20. Get a massage, pedicure, manicure, facial etc.
21. Wear clothing that fits and is comfortable.
22. Learn to make your own green juice or buy raw cold pressed green juice.
23. Grow vegetables, herbs, fruit and flowers.
24. Dance like no one is watching.
25. Make a vision board of the dreams you want to manifest.
26. Laugh at yourself with love.

27. Channel your defects of character to do good in the world.
28. Accept your flaws as what humanizes you and makes you approachable.
29. Share your gifts.
30. Write and read affirmations daily.
31. Let the sunshine in.
32. Ask for a hug.
33. Pick, buy or send yourself flowers.
34. Buy organic food.
35. Open your heart.
36. Make yourself a handmade Valentine and hang it up somewhere you will see it.
37. Use non-toxic, organic skin care products, personal care items & household cleaners.
38. Befriend an animal.
39. Don't weigh yourself.
40. Take a technology break for hours every day.
41. Move your cell phone and alarm clock *at least* 3 feet away from your head when sleeping.
42. Sing your favorite songs out loud.
43. Call a friend
44. Feel your feelings; let yourself laugh, cry, shout, wail.
45. Make funny faces in the mirror.
46. Ask for what you need.
47. Ask for feedback so you can grow.
48. Take a technology Sabbath once a week; turn off all phones, computers, tv's etc. for a full 24 hours.
49. Share the love. Tell someone else they are loved; write it, say it. . . it's okay.
50. Let go of that addiction or bad habit (it has served you well). Now is the time to be free and embrace all the good that you are and all the good you have to offer the world.

-Deborah Coulston

Happy Valentine's Day!

