



Media & Society

Friends & Peers

Self-Love

Parents & Relatives

Education & Religion

♥ I never settle for less than my heart & soul desire. ♥ I only have loving,

respectful relationships. ♥ I treat my body as a sacred temple

take care of myself, even if that means disappointing another

# SELF-LOVE IS A PATH, A PRACTICE & A CHOICE

THE PATH OF  
**SELF** *love.*

CHOOSESELFLOVE.COM

♥ I am kind, gentle, patient & understanding with myself. ♥ I stay true to &

