

## Quality Time

Scheduling some uninterrupted alone time to nurture your being.

- Meditation or introspection
- Transformational breathing
- Engaging in a creative passion
- Taking yourself on a date
- Reading a book or watching something
- Enjoying a warm beverage and blanket
- Spending time in nature
- Rest, recovery and sleep

## Acts of Service

Doing tasks that need to be completed or things that have been neglected, which serve your wellbeing.

- Cleaning your home
- Making your bed
- Taking the trash out
- Preparing healthy meals
- Scheduling, planning, organizing and delegating
- Attending therapy or coaching
- Living more purposely

## Physical Touch

Honouring your body by doing things that make it feel good.

- Yoga, exercise, dancing, Qigong, etc
- Massage or spa day
- Epsom salt bath or warm shower
- Skin care and grooming
- Pampering sessions

## Receiving Gifts

Treating yourself or creating gifts for yourself that spark joy.

- Spending money on your hobbies
- Shopping for things you love (within your means)
- Going on a trip or holiday
- Eating healthy food out
- Buying a nourishing smoothie
- Investing in knowledge and education
- Using arts and crafts to make yourself something

## Words of Affirmation

Positive self-talk, gratitude towards yourself and empowering affirmations.

- Making a list of your strengths and successes
- Speaking kindly to yourself
- Journalling and mantras
- Speaking your ideal future into existence
- Little pep talks

Inspired by Gary Chapman's  
'The 5 Love Languages.'  
For more information on  
self-love, please read  
'Good Vibes, Good Life.'

*Vex King*