

Love Yourself

Explore lessons guiding self-love and positive attitudinal practices. Remember that you are enough! You must **love** yourself before you can love others.



Monday	Wednesday	Friday	Activity
Recognizing Your Inner Critic (2m 39s)	The Art of Letting Go (2m 00s)	You Don't Have Anything to Prove to Anyone (4m 5s)	Reflection: Start the day off right by listing three positive things about yourself. Why did you choose these traits? In what ways have these traits added value to your life?
You Are Not Your Job Title (2m 11s)	What You Think Matters (1m 53s)	Compare Yourself to the Right People (3m 5s)	Practice: Step out of your comfort zone. De-stigmatize negative associations with certain activities. For instance: eating out alone, asking for help, avoid apologetic language, etc. Then, reflect on your emotions after the activity. How did it make you feel?
Practice Response to Rejection (2m 53s)	Own the Situation (3m 05s)	Quantify Your Professional Impact (3m 55s)	Reflection: Count your achievements. List your contributions to your organization. From the list, develop future goals. Always remember, your past experiences showcase how much potential you have to grow!