



# VALENTINE'S DAY SELF-LOVE CHECKLIST

- ♡ START A NEW BOOK/FINISH AN OLD ONE
- ♡ LISTEN TO YOUR FAVORITE MUSIC
- ♡ GO OUT AND TRY SOMETHING NEW
- ♡ TAKE TIME OUT TO DO SOMETHING YOU ENJOY
- ♡ WRITE A LOVE LETTER TO YOURSELF
- ♡ TELL YOURSELF YOU ARE ENOUGH
- ♡ START A GRATITUDE JOURNAL
- ♡ WRITE DOWN EVERYTHING YOU LIKE ABOUT YOURSELF
- ♡ DON'T COMPARE YOURSELF TO ANYONE ELSE
- ♡ REJECT NEEDING APPROVAL FROM OTHERS
- ♡ INVEST IN HOBBIES AND ACTIVITIES THAT EVOKE JOY
- ♡ REMOVE NEGATIVE PEOPLE OFF YOUR SOCIAL TIMELINE
- ♡ WORK ON LETTING GO OF ANY ANGER & RESENTMENT
- ♡ CREATE A HAPPY PLACE IN YOUR HOME
- ♡ PUT ON RED LIPSTICK FOR NO REASON
- ♡ TELL YOURSELF "I LOVE AND ACCEPT MYSELF"
- ♡ STAND TALL IN ALL COMPLIMENTS YOU RECEIVE
- ♡ COMPLETE A TASK OR GOAL YOU STARTED
- ♡ TAKE A DAY OFF AND UNPLUG FROM THE WORLD
- ♡ TREAT YOURSELF TO SOMETHING NICE
- ♡ BUY YOURSELF SOME FLOWERS 'TO: U FROM: U'
- ♡ CELEBRATE ALL YOUR WINS AND ACHIEVEMENTS
- ♡ TAKE A LONG SOOTHING BATH
- ♡ TELL YOURSELF SOMETHING POSITIVE AND UPLIFTING
- ♡ CREATE A SELF-CARE/SELF-LOVE KIT
- ♡ CALL AND CHECK IN WITH A LOVED ONE
- ♡ SET EARLY BEDTIME SO YOU CAN GET 8HRS OF SLEEP
- ♡ FORGIVE YOURSELF & LEARN FROM ANY PAST WRONGS