

LOVE YOURSELF FIRST, AND EVERYTHING ELSE FALLS IN LINE. YOU REALLY HAVE TO LOVE YOURSELF TO GET ANYTHING DONE IN THIS WORLD.

- Lucille Ball

MY SELF CARE LIST - THINGS I LOVE TO DO....JUST FOR ME! #AHAPPYADAY

* I LOVE MYSELF

UNCONDITIONALLY.

* I ACCEPT AND RESPECT MYSELF DEEPLY AND COMPLETELY.

* I DESERVE THE BEST, AND I ACCEPT IT NOW.

* I AM BEAUTIFUL.

* I AM WORTHY OF LOVE.

* I AM PROUD OF MYSELF AND ALL THAT I HAVE ACCOMPLISHED.

* I AM PERFECT JUST THE WAY I AM.

