

How Love Yourself More: 42 Strategies to Help You Feel Confident

- o **Give Yourself Grace**
- o **Allow All Emotions**
- o **Schedule a Therapy Session**
- o **Spend Time in Nature**
- o **Remind Yourself of Who God Created You To Be**
- o **Turn Off Your Phone**
- o **Stop Judging**
- o **Allow Tears**
- o **Prioritize Yourself**
- o **Rewrite Thoughts**
- o **Learn to Enjoy your Own Company**
- o **Celebrate Your Accomplishments**
- o **Be Grateful for You**
- o **Unfollow Toxic People**
- o **Accept Yourself**
- o **Spent Time With Love Ones**
- o **Use Your Talents**
- o **Honor Your Past**
- o **Self-Care**
- o **Rest**
- o **Set Boundaries**
- o **Eat Your Favorite Treat**
- o **Dress Up**
- o **Listen to Your Body**
- o **Give Yourself Compliments**
- o **See the Rainbows**
- o **Nurture A Weakness**
- o **Forgive Yourself**
- o **Exercise**
- o **Say No**
- o **Spend Time With God**
- o **Know Yourself**
- o **Avoid Compare Yourself to Others**
- o **Ask for Help When You Need It**
- o **Just Breath**
- o **Surround Yourself With Things That Make You Smile**
- o **Embrace Contentment**
- o **Embrace Your Inner Child**
- o **Set Goals**
- o **Spend Time Worshiping God**
- o **Know Your Triggers**
- o **Practice Self-Compassion**