



Your Love Language – Day 27

How to Love Myself

My number one Love Language is: _____

Five ways I know I can now love myself:

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Example:

My number one Love Language is Words of Affirmation

- 1) I can set reminders for affirmations to pop up in my phone throughout the day.*
- 2) I can write a compliment on my mirror.*
- 3) I can faithfully do Mirror Work daily.*
- 4) I can praise myself throughout the day.*
- 5) I can write a list of 5 things I did well in my day.*