

*bella*  
**GRACE**

*Life's a Beautiful Journey*



***You are someone special.***  
*Embrace your whole self.*

# You are Someone Special

## Embrace Your Whole Self



**W**e often spend our time showing others how much we love and appreciate them. Don't forget about the most important person of all — yourself. Practicing self-love takes very little time but has the power to transform your life. Take the time over the next 14 days to begin a self-love routine using the following ideas.

### Supplies

- » Paper: 80 lb. cardstock or regular printer paper
- » Printer
- » Scissors or X-acto knife
- » Ruler
- » Cutting board
- » Pen or pencil
- » Hole punch
- » Binding supplies: ribbon, washi tape, stapler

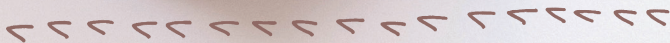
### Directions

Print out your “You Are Someone Special” printable. Cut out the pages using scissors or an X-acto knife, ruler, and a cutting board. You can bind the pages together by hole-punching the top and tying a ribbon through the pages. You can also staple the sides of the pages together and use washi tape to cover the staples for a more unique and polished look.

# *1. Begin your day.*

Start your day by acknowledging something positive about yourself.

What did you accomplish today? How did you handle a stressful situation this week? Even the simplest of things can be worth noting.



## *2. Accept yourself.*

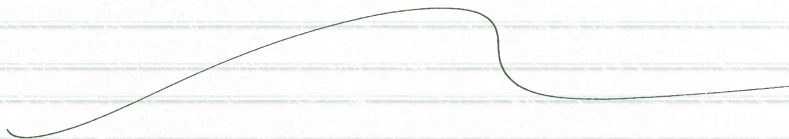
Embrace your imperfections and focus on changing only the changeable. Learning to accept yourself for who you are and embracing your unique qualities are the most important steps in practicing self-love. We all offer the world something different.

That's what makes those tiny imperfections so beautiful.



### 3. Write yourself a note.

Writing yourself a positive note, an inspirational quote, or a list of achievable goals is a form of positive affirmation. Leave it in a place where you're sure to see it. This is a great way to wake up and set the tone for your day.



## 4. *Combat your clutter.*

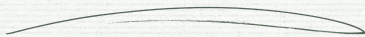
Clutter can deeply affect your mood and create a feeling of inner chaos. Taking a few minutes to tidy up your space can make a big difference in your mood. Start with a simple task like ridding your closet of the pile of clothes that need to be donated. This can be a very freeing exercise.





## 5. Pamper yourself.

You know the saying, “Your body is like a fine-oiled machine”? Make the effort to respect your body. A simple self-care regimen, a few minutes of exercise, or even a good night’s sleep are all ways of giving your body some love.



## 6. Take care of your inner self.

Are you eating garbage, or are you feeding yourself high-quality nutrients and hydrating with water? Healthfully feeding your inner self is an effective way to enhance your mood. If you eat poorly, you're likely to lack energy, which in turn affects your mood. Why not introduce a simple clean-eating routine to give your body the love it deserves?





## 7. Be grateful.

Our inner dialogue tends to focus on the negative, whether it's physical features, a mistake we made, or an opportunity we've missed. Alter your negative thoughts and turn them into something positive. Think of one positive thing each day that you're grateful for. Consider starting a journal to keep track of all these wonderful things.



## 8. *Learn forgiveness.*

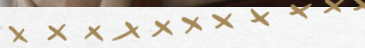
Embrace your imperfections and learn to forgive yourself. Instead of harping on that mistake you made or beating yourself up over another “failed” diet, learn to forgive yourself. Think of all the things you learned from each mistake you’ve made in life. Every bump in the road along the way has helped you become the amazing, strong-willed person you are today.



## 9. Unplug yourself.

Taking time out from gadgets at the end of each day is a great way to get back in touch with yourself. Our minds are constantly overstimulated, and all this technology can distract us from reality and from ourselves. Taking a few minutes to reflect can help you recover and restart each day.





## 10. Schedule some “me time.”

There is absolutely nothing wrong with taking some “me time.” Even just an hour every now and then can help you to recharge, reset, and re-energize. This is not only important for your own well-being but also for those around you. If you run yourself into the ground, what good will you be to anyone else? Remember, you have to put your oxygen mask on first if you want to be able to help the person next to you.

## 11. Choose your tribe wisely.

As we get older, the number of friends we have tends to shrink. That's not always a bad thing. As we mature, we start to value our time and our friendships more, and shift our focus from quantity to quality. The energy of your inner circle is contagious, which is why it is so important to surround yourself with uplifting, supportive people.





## 12. Have fun!

Life is short. While there is a time and a place to be serious, there should also be plenty of time to enjoy yourself. When's the last time you danced? Or sang at the top of your lungs? Allowing yourself to be creative and let loose will boost your spirits and remind you that life isn't just about work. There can still be some playtime in there, too!

### *13. Set some boundaries.*



Being able to set boundaries is giving yourself permission to say no. While it feels uncomfortable at first, learning to say no shows respect for yourself and, in turn, people will respect you more.

You cannot be everything to everyone, and when you set those boundaries you will see the right relationships flourish.

Learn to establish boundaries, offer help where it is welcomed, and, most importantly, know when to walk away.

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## 14. *Laugh at yourself.*

Let's get real: We don't have it all together all of the time. The next time you feel like a hot mess, laugh at the idea that anyone actually "has it all together." The ability to have a sense of humor about our actions, our mistakes, and our quirks is another form of expressing self-acceptance. Think of something you did that was embarrassing and laugh out loud.

