

Restore Activity Series

Love on Yourself



**Simple Ways to Show Yourself
Some Much Deserved Love**

Honor Her



As women, we are so quick to find fault in ourselves. To look in the mirror and think awful thoughts and compare ourselves to others. After having children the temptation to do so is increased as our bodies have gone through big changes.

But, mama, I wish you wouldn't. You are amazing. Your body is amazing. You were able to grow and birth a whole person. Think about that. You created life! God only made one of you which means it is okay that you are different than the other women you compare yourself to. Instead, work to shift your perspective and build your self-confidence. Honor your body with the physical and spiritual things you consume, including the words you speak to yourself.

We often hear the verse "She is clothed in strength and dignity; she can laugh at the days to come (Proverbs 31:25)." But typically, we miss the part that says, "**Honor her for all that her hands have done, and let her works bring her praise...**(Proverbs 31:31)." I want to challenge you to spend more time honoring yourself and building yourself up than tearing yourself down. Use the following pages to write love letters to yourself. Acknowledge the things that you have accomplished. Acknowledge the things you love about yourself. Acknowledge what makes you different than anyone else.

Love Letters to Myself



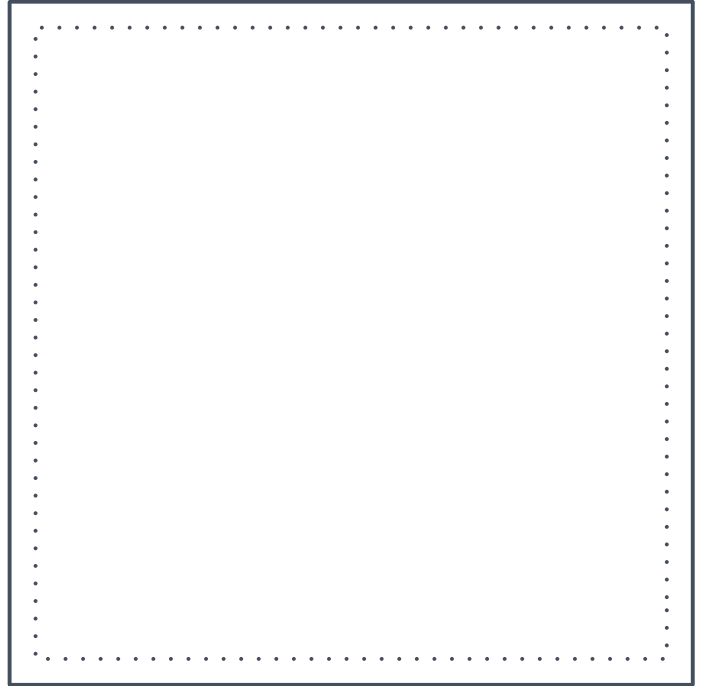
LOVE

Honor Yourself Exercise

What Have You Accomplished?



What Makes You Different?



What Do You Love About Yourself?

