

Restore Activity Series

Leave Yourself Affirmations



**You Deserve Your Own Love,
Now More Than Ever**

Give It a Tiny Bit of Effort

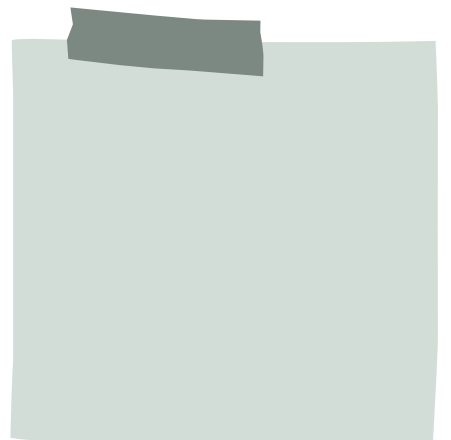
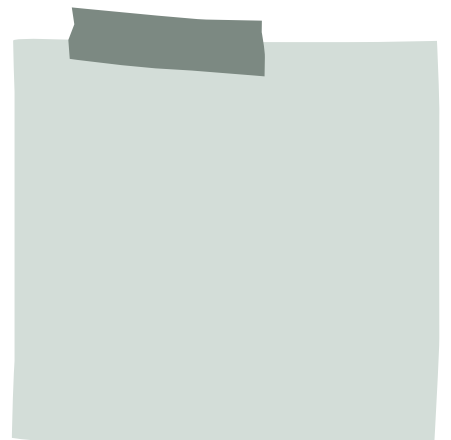
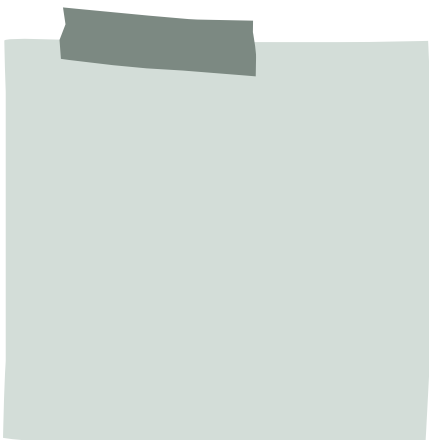
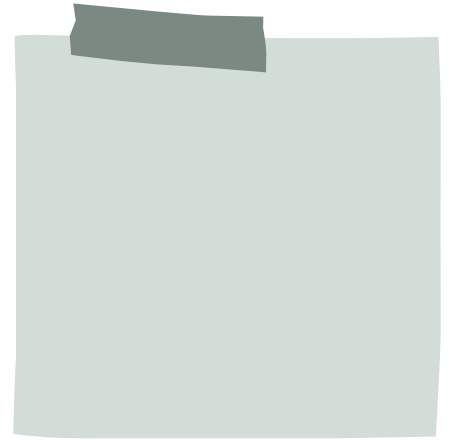
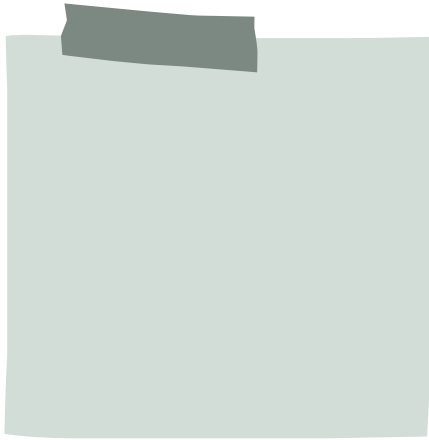
This is one of my favorite activities because it takes such little effort yet, it can have such a big impact. Spend a few moments to think about the things you've accomplished, the things you love about yourself, the things you're proud of. Then write them down on sticky notes, index cards, or use the templates below. Write yourself little notes of encouragement, motivation or love.



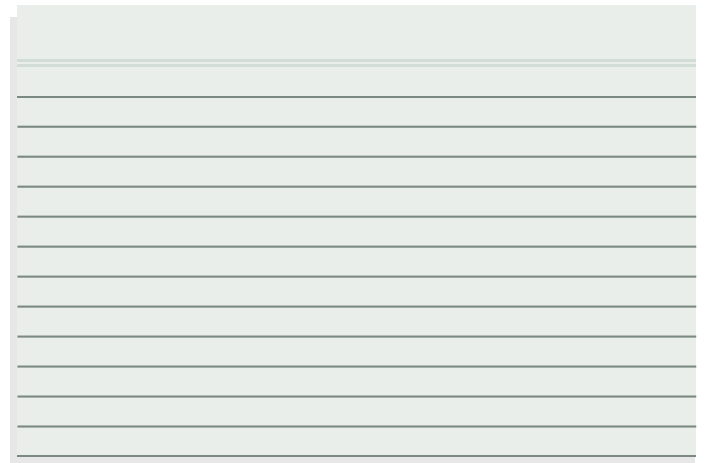
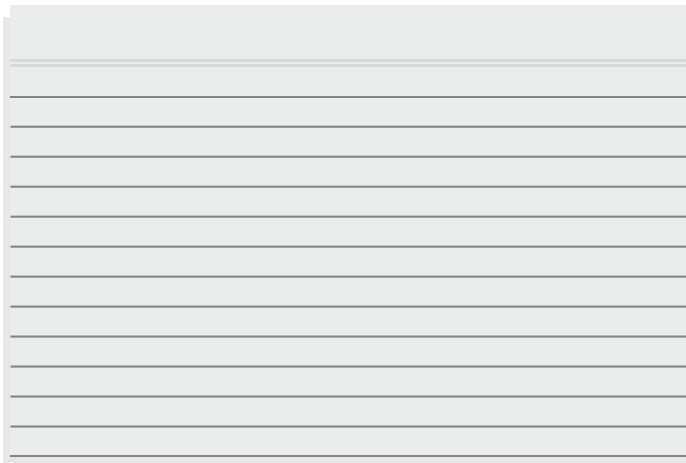
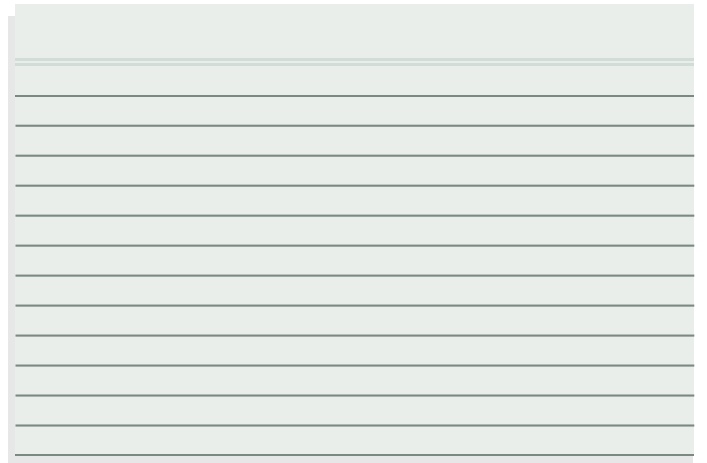
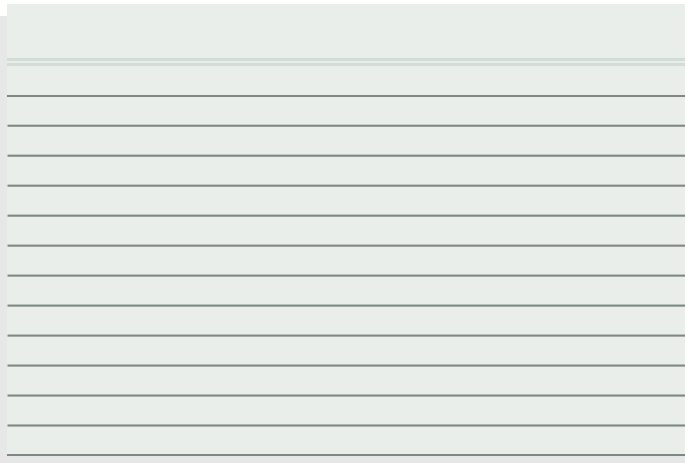
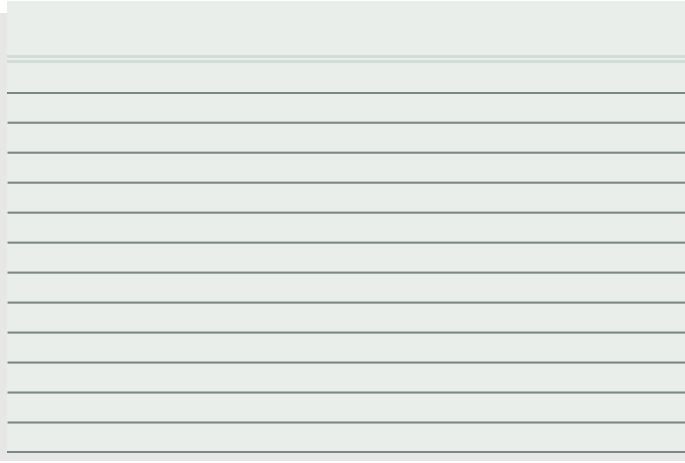
Once you've written out all of your notes, put them up around your house so that you see them every day. Those little pieces of paper are great reminders of the things you are capable of. You can stick them on:

- Mirrors
- Refrigerators
- Cabinets
- Dressers
- TVs
- Vanitys
- Nightstands
- Counters
- Cars
- Car Mirrors
- Water bottles
- Windows

Templates



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