

# 7 Steps to Self-Love

- Be Mindful
- Act on Needs, not on Wants
- Practice Self-Care
- Set Boundaries
- Protect Yourself
- Forgive Yourself
- Live *Intentionally*

\* This information came from an article in Psychology Today.

Read it here: <https://www.psychologytoday.com/blog/get-hardy/201203/seven-step-prescription-self-love>

