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

We are currently accepting new patients.





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