

A Valentine for My True Self



“We all have a better guide in ourselves, if we would attend to it, than any other person can be.” - Jane Austen

This is an invitation to love your True Self on this Valentine’s Day.

What are the ways that we love our True Selves?

We nurture our bodies, by

- Feeding them good food and clear water
- Moving, in ways that are fun
- Resting, so that we sustain our vitality

We care for our souls, by

- Celebrating who we are
- Treating ourselves with kindness and compassion
- Finding ways to laugh and enjoy life

We honor our spirits, by

- Filling our inner wells with activities that inspire us
- Cultivating optimism, hope, and resilience
- Being grateful

How would you like to love your True Self, on Valentine’s Day, and as you move forward in your life’s journey this year?