

THE TO BE LOVE PROJECT



What does it mean to love yourself?

WEEK 1: PAY ATTENTION

GOALS FOR THE WEEK:

- IDENTIFY 15 THINGS YOU LIKE ABOUT YOURSELF
- CALL A FRIEND YOU HAVEN'T HEARD FROM IN A WHILE (NO TEXT) CALL
- IDENTIFY AN AREA IN YOUR LIFE YOU WANT TO IMPROVE
- ONCE YOU IDENTIFY THAT AREA, FIND 3 SOURCES THAT WILL HELP YOU ACHIEVE YOUR GOAL
- MAKE THE FIRST STEP

PLACE A PICTURE OF YOUR ASPIRED GOAL

WRITE AN AFFIRMATION FOCUSED ON PAYING ATTENTION TO YOURSELF

ACTIVITY 1: WRITE THE OUTCOME OF GOAL 1

ACTIVITY 2: WRITE THE OUTCOME OF GOAL 2