

THE TO BE LOVE PROJECT



What does it mean to love yourself?

WEEK 1: REDUCE STRESS

GOALS FOR THE WEEK:

- IDENTIFY YOUR OWN WAY OF DEALING WITH STRESS (4)
- VISIT YOUR HOBBY OR RESEARCH A NEW HOBBY
- CREATE A WORKOUT PLAYLIST (OR A NEW PLAYLIST)
- FIND 3 YOUTUBE CHANNELS/ MOVIES/INSTAGRAM ACCOUNTS THAT MAKE YOU LAUGH OR MOTIVATES YOUR SPIRITUALLY

PLACE A PICTURE OF YOUR SMILING FACE

WRITE AN AFFIRMATION FOCUSED ON REDUCING STRESS FOR YOURSELF

ACTIVITY 1: WRITE THE OUTCOME OF GOAL 1

ACTIVITY 2: WRITE THE OUTCOME OF GOAL 2