



be youthful beauty

20 THINGS YOU CAN DO TODAY TO PRACTICE SELF-LOVE

1. SMILE.

Seriously. And if you can, look at yourself in the mirror while smiling. Notice how happy you look, and hold onto that feeling.

2. WRITE.

Whether you write in a journal or on a blog or in an email, try to write a little bit every day. Sometimes you don't realize you have pent-up feelings, and it feels so good to let things out.

3. TALK TO SOMEONE.

For some people, writing isn't their thing, and that's totally fine. Turn to a friend or significant other or family member, and just talk: about everything, about nothing, about whatever's in between. Social interactions can really boost your mood and self-confidence just by knowing you're not alone.

4. LOOK AT YOURSELF IN THE MIRROR.

I can say with full honesty that this used to terrify me. I hated myself and my reflection. Then I realized I was giving the mirror too much power. It may be hard at first, but be brave and stare at yourself. Take back ownership of your body.

5. DO SOMETHING THAT SCARES YOU.

I know this is so cliché, but it really helps. Stop letting fear take control of your life. Start with baby steps, like speaking up in a meeting at work or trying out a new restaurant. Shake up your routine a bit, and you'll start to feel invigorated and more confident in trying even more new things.

6. WEAR BOLD MAKEUP AND/OR CLOTHING.

I think we all own something bright and crazy we haven't worn much and are saving for a special occasion or "some day." Make "some day" today. What have you got to lose? Wearing something different can also make you feel invigorated, and it can help you appreciate your body more by seeing it in a new light.

7. HAVE A LIP SYNCING/DANCING COMPETITION WITH YOURSELF.

I can't be the only one who likes to dance and lip sync around my apartment on a regular basis. Sometimes I dramatically lip sync to love ballads; other times I pretend I'm the sixth member of the Spice Girls. It takes my mind off things for a bit, and it's just plain fun.

8. LOOK THROUGH OLD PHOTOS, ESPECIALLY OF YOURSELF.

I have found this to be especially therapeutic to me lately. It's helped me see myself in a different way by looking at who I used to be, for better or worse. This has helped me appreciate both who I was then and who I am now. Nostalgia can be really powerful!

9. TAKE SOME ME TIME.

Take a long bath. Read a book on the couch. Lie down and listen to some sad music. Do something that nurtures your soul. This is especially important to do if you start to feel burned out. Don't forget to take care of yourself.

10. DO SOMETHING CREATIVE.

It really helps you almost get out of your mind from time to time. Draw something, cut out words and phrases from magazines, design something on the computer. Being creative helps you get more perspective. Just get started, trust yourself and see what you can create.

11. DRIVE WITH THE WINDOWS DOWN.

This is one of my all time favorite things to do if the weather allows it, especially if my hair is down. There is no other feeling out there like it. Crank the music, roll down the windows and let yourself be free. My mood skyrockets almost every time, and it's just fun.

12. MAKE PLANS WITH AN OLD FRIEND.

Sometimes it's nice to reconnect with someone from your past, someone who knows what you used to be like. They know you differently than people you've met more recently, and they can offer different perspectives.

13. WRITE DOWN YOUR NEGATIVE THOUGHTS.

Seriously. Write down every bad thing you're thinking about yourself. Let it all out. And then cut it up, rip it up, shred it, get rid of it. Trust me, you will feel so much lighter.



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14. GO SHOPPING.

I know, I know. I hate shopping just as much as the next person. But sometimes when you shop alone and really give yourself time to look around, you'll be less likely to focus on negativity.

15. PLAY AROUND WITH MAKEUP AND/OR DO YOUR HAIR.

It can be really fun to try new things, especially with makeup because you can just wash it right off if you want to. Try something different, and you may come up with a new signature style or look!

16. GET OFF OF SOCIAL MEDIA FOR A WHILE.

Social media can be a really great way to connect with people and share what's going on in people's lives. On the opposite spectrum, some people can share too much. You don't need to absorb that much negativity all the time! Take a little social media break, and focus on yourself.

17. DO SOMETHING KIND FOR SOMEONE ELSE.

Whether it's paying for the person behind you at Starbucks, holding the door open for people at restaurants or anything in between, it feels good to do something nice for someone else. And who knows, maybe they'll pay it forward and make other people feel good as well!

18. EAT DESSERT.

There's something about eating dessert that always makes me feel better. Eat ice cream, a brownie, a cookie, and relish in the moment. Life shouldn't be about restrictions so much. If it makes you happy, eat dessert every once in a while. Indulge.

19. BE OUTSIDE.

Sometimes all you need to do is go outside and look around. Look at all the majesty that's around you. Nature is inherently beautiful, and so are you.

20. CREATE A SPA AT HOME.

This has become another favorite activity of mine recently. It always feels so luxurious to do a face mask or foot soak at home, especially since you don't have to pay to go to a spa. Like I said above, take care of yourself. You deserve it.

