

10 WAYS TO HONOR YOURSELF THIS VALENTINE'S DAY

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01

SHOW UP FOR THE PARTY – YOUR OWN PARTY.

The party of your life is happening now – blink and you may miss it. Quit waiting for the perfect time, place or person to share your fun. YOU are the perfect party guest. RSVP “yes” to new experiences and be open to what life sends your way.



02

PUT YOURSELF FIRST.

In a manner that respects the value of life. Take care of yourself, treat yourself kindly, respect your own schedule, properly fuel your body, and address your emotional needs. Everyone around you will benefit when you are at your personal best.



03

ACCEPT THE LOSS.

Lose the hurt and bitterness of broken dreams, unmet promises and relationships gone wrong. Open your eyes and your heart to new opportunities. A positive attitude is more effective than a high end beauty cream.



04

QUIT DRINKING THE KOOLAID UNLESS YOU ENJOY THE TASTE.

Stop believing the lie that says your life can't be complete without a certain person, perfect job, particular income or ideal weight. Get busy and do what brings you joy. Take a dance class, learn a new language, or climb a mountain. Do whatever it takes to make your heart sing.



05

VALUE YOUR OWN COMPANY.

You are your best date. Stepping out of your comfort zone and doing something without the crutch of anyone else empowers you and gives you time to really appreciate your own wonderful self.



06

LISTEN TO THE WAY YOU TALK TO YOURSELF.

Make a conscious effort to eliminate negative self talk and you will see a difference in both how you feel about yourself and how others perceive you.



07

EVEN WHEN IT HURTS, REALITY IS ALWAYS MUCH BETTER THAN A FAIRY TALE.

“When someone shows you who they are believe them.”
~ Maya Angelou.



08

QUIT COUNTING YOUR LINES.

If someone is going to love you, like you, hire you or invite you to the dance, it will have very little to do with your smile lines and much more to do with the way you make them feel. By the way, smile lines are far more attractive than scowl lines.



09

BE COURAGEOUS.

If you fear doing something because you may fail, you have already failed twice. Go out on a limb for something you believe in and have the courage to fail when giving it your best.



10

DON'T EXPECT ANYTHING IN RETURN.

Do good, live well and offer your best with no expectations of a return investment. When you live your life with purpose, you are sure to come out on the other side, healthier, wealthier and wiser for the experience.



XO

BONUS: TELL SOMEONE YOU LOVE THEM.

Don't let today go by without honoring someone who has made a difference in your life.

HAPPY VALENTINES DAY

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