

# Self-Love Manifesto

Whatever you do, don't settle for less than you deserve. Don't settle for a star when you deserve the whole galaxy.

Trust yourself and know your worth. Speak kindly to yourself always. There is never any reason not to speak kindly to yourself.

You are the universe in motion and you can move mountains. You can have everything you want when you take loving actions towards yourself.

You can make all your dreams come true. Believe in yourself. Show up for yourself and commit to loving yourself.

Follow your bliss and do more of what you love.

Give yourself permission to let go of what is no longer serving your highest good.

Allow yourself to make mistakes. Life is about growth and this is how you learn. Forgive yourself and know you are still good enough and worthy of love and connection.

Don't take anything personally. What other people think, do and say is about them, not you.

Always fill yourself up first. You can't pour from an empty cup.

You get to decide what you want, and you can have it. You are magic, so treat yourself as if you are.

You were born with potential and greatness, and you were born with beautiful gifts and talents. Use them. Express them. Live them. Be them.

You were born to fly, learn to use your wings, it's time to love yourself and soar.