

Hello there!

I have the best job in the entire world. Seriously. My job is to encourage you to love yourself and to see that you're this amazing collection of stardust and magic.

That you're worthy of love, right here, right now. Even on the days when you don't feel like it.

The reason I do this is that I know how hard it is. I really do. I know what it's like to burst into tears when you look in the mirror. I know how it feels to desperately wish you could be someone else. I know what it feels like to hate yourself so much you don't want to exist.

That's no way to live. If you really want to change, you can and you will. The road to self-love isn't easy but it's worth it. So worth it.

This ebook is the first itty bitty baby step.

How to Self-Love:

Fix what needs to be fixed. Accept what needs to be accepted.

Right now, I could tell you that you *should* love and accept yourself just how you are, and that's true. You are deserving of love just as you are in this moment, no matter how flawed or broken you feel.

But...

To really love yourself, you have to be someone worth loving, in your own opinion - and if you're this ball of anger and self-destruction - no amount of me telling you to love yourself or encouraging these exercises, is going to do anything.

I'll tell you a little bit about me. Before I started my self-love journey, I was extremely depressed. I had so many anger issues. I had terrible impulse control. I was a huge asshole. Was I worth loving? Absolutely - we're all humans who need love, but I couldn't love myself the way I was. So I fixed what I needed to fix.

I started focusing on my coping skills, I researched anger management, I did "*the work*" and when I started to see the results and the subtle changes not only did I feel proud, but I felt the love.

I'm not saying that you need to change yourself to love yourself by any means. I think the first step is to look at yourself and look at your life and ask yourself: What's stopping you?

Sit with that answer, feel it out, and ask yourself if what happens next is change or acceptance. There's no 'right way'. I have tons of flaws, believe me, they are there and sometimes they are glaring, but none of them stop me from loving myself. I accept them as part of who I am. And the things that made me truly feel like a bad person? The explosive anger, the lashing out, verbally abusing people who upset me – I chose to change those things.

I know that I am not perfect and I know that I don't need to be.

Which brings us to point number two...

Realize that you don't have to be perfect to be loved.

Truer words were never typed. If you wait until you are perfect to love yourself you will be waiting forever. None of us are perfect and yet you still love your friends, or your partner, or the members of your family. You might not like some of their behaviors, but you still love them.

Turn that kind of energy to yourself.

Unconditional and loving. You don't need to like everything about yourself but love yourself anyway.

And if you can't love yourself then at least stop hating yourself. And then move toward being neutral. And then maybe acceptance. I'm all for baby steps.

You hold so much awesomeness right inside of you, so much love for other people, so many big dreams and hopes and all of it is worth loving.

Get to know yourself!

Seriously! Figure out who you are and what you want. Discover what you believe and know what your core values are.

It's just like dating someone new, you have to figure out who they are before you fall in love.

What things do you love? What are your dreams? Where are you going in this big ol' world? What really and truly makes you happy?

Discover the answers to all of those questions and watch yourself begin to blossom.

I used to model myself over who I was in love with. I liked what they liked because I thought it made me more loveable. I took on their music tastes, I watched what they wanted to watch on tv, their hobbies and interests were suddenly mine – and each time I slowly lost myself.

When I chose to be single for years, I suddenly discovered all of these amazing things that I loved. And in that, I started loving myself too.

Forgive yourself.

Let go of past, let go of your bad deeds, let go of your shame. Live your amends.

If you've done something bad, then live your life in a good way, in a positive way. Putting that out into the world does more good than hating yourself ever could.

If someone put you down, if your parents or an ex-spouse or partner made you feel like you weren't good enough, or you weren't worth loving, let that go and forgive yourself. Holding on to that serves no purpose for you or anyone else. Letting go of that baggage is so (very very) hard, but it's worth it.

And if you aren't ready right now, that's okay.

Take your time.

Just don't use it against yourself. The way other people treated you is not a good reason to hate yourself.

Practice Self-Care.

You know how when you love someone you do nice things for them? Maybe you make their favorite meal or give them a back massage, or you comfort them when they're sad? That's what self-care is when it's directed toward yourself.

Self-love and self-care go hand in hand. One is the feeling and one is the action. It's the equivalent of a big hug to yourself. You wouldn't love someone who never showed you affection or did anything nice. That's why self-care is so important.

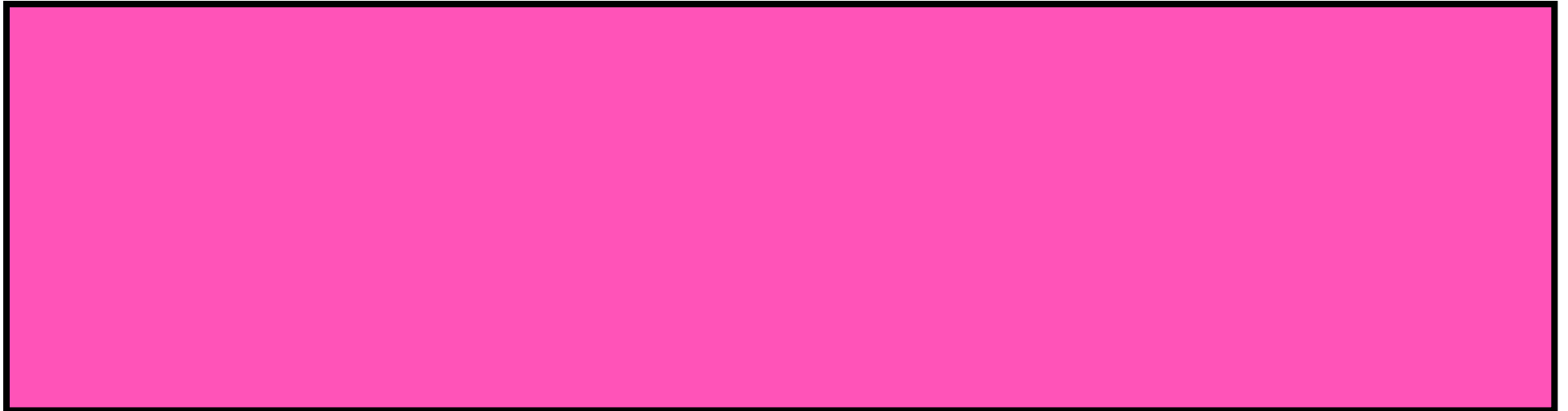
If you're just now starting your journey, it might be rough going for a little while.

You might get frustrated, you might feel like giving up, or that it's too much work, or it's stupid, or you'll never be good enough, or it's not important enough but let me tell you a secret: *If you don't give up, it's going to happen.* It's worth your time. You are so worth the time and effort.

Day 01

Stop comparing yourself to others. You are beautiful and perfect just the way you are. And so so so worth loving in this moment.

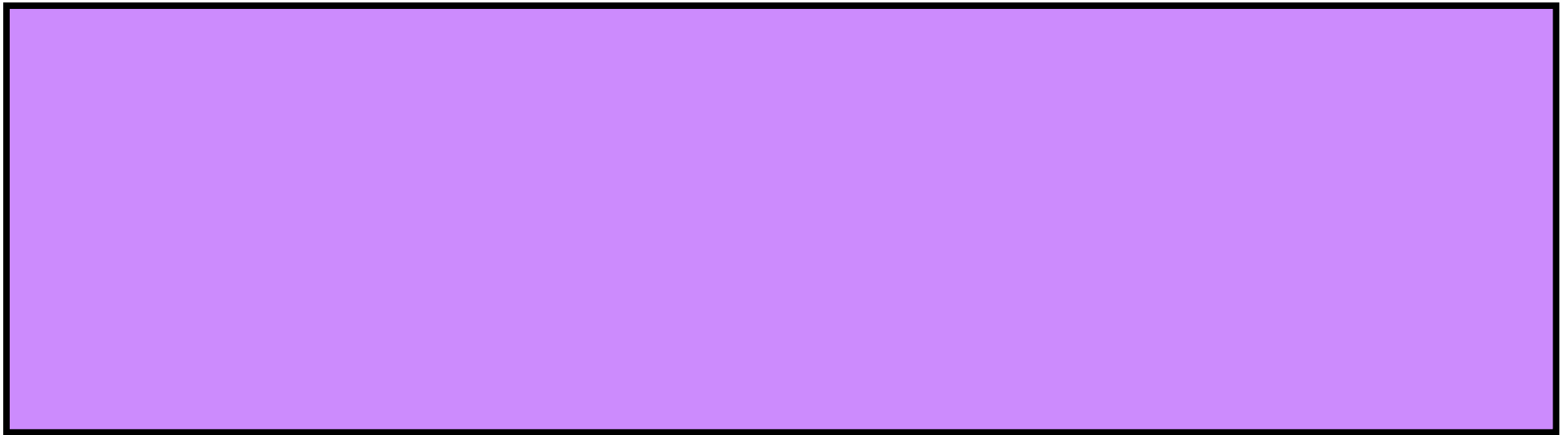
What comparisons do you find yourself making that hurt you rather than help you? Do you set requirements for loving yourself? "I'll love myself when I'm thinner, fitter, successful, in a relationship..."



Day 02

Make a list of 5 things you love doing. They can be super little things like drinking your morning coffee next to an open window, or bigger things like taking trips.

What are your five things?

A large, empty rectangular box with a solid purple fill and a black border, intended for the user to write their list of five things.

Now make it a point to include them in your life as much as you possibly can. You'll thank yourself for it.

Day 03

Tune out the people that like to tell you who you are or who you should be. Discover those things for yourself and don't let anyone tell you that you are not enough. You do not have to make yourself fit in for love or for approval. You can find those things in yourself.

If someone was describing your personality in a book, what would they say?



Day 04

Don't spend so much time trying to work on and improve your weaknesses that you forget to honor your strengths. It's okay to be a work in progress. It's okay to take a break from self-help and it's okay to have goals that include "rest" and "slow down".

What are your strengths?

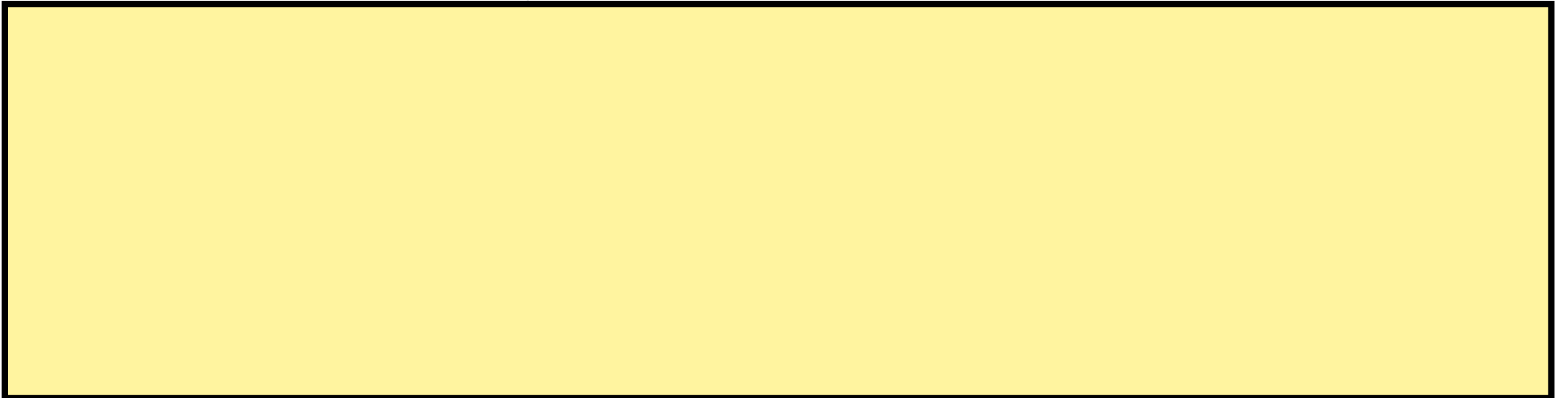
A large, empty green rectangular box with a black border, intended for writing the user's strengths.

Day 05

When you feel uncomfortable about someone or something, acknowledge it. Don't push it aside. Create boundaries and enforce them.

It's also important to have boundaries with yourself! Are you stopping yourself from taking breaks or pushing yourself too hard? Set healthy boundaries!

What boundaries do you struggle with?

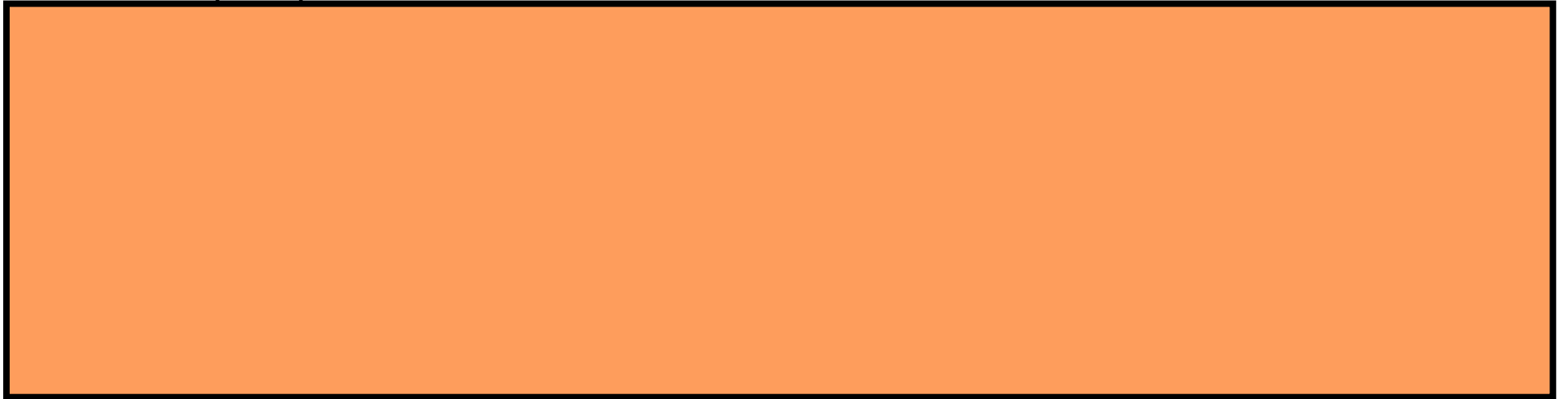


Day 06

Take a leap of faith. Do that thing that you've been afraid to do. Believe that you will succeed. Believe that you are worthy.

It doesn't even have to be a big thing. Try a new art technique or experiment with a new style.

What's something that scares you a little but you want to do it anyway?

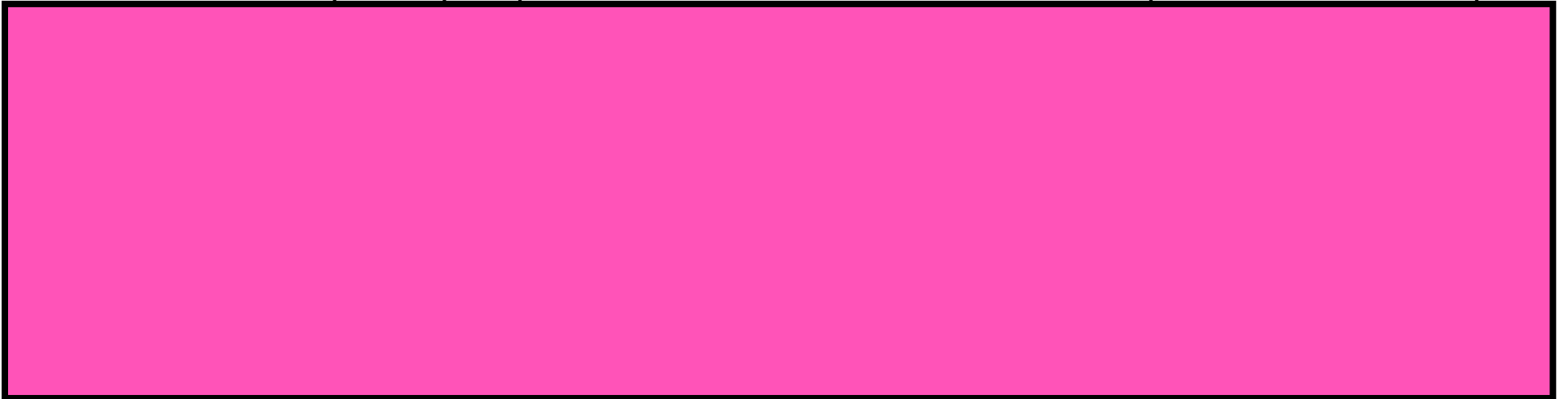


Day 07

Stop being so hard on yourself. When you make a mistake, grow from the experience and then move on. The hard experiences make you wiser.

Also, notice where you're beating yourself up about the tiny things that no one but you notices. Stop making yourself feel bad!

Are there any ways you've been too hard on yourself lately?

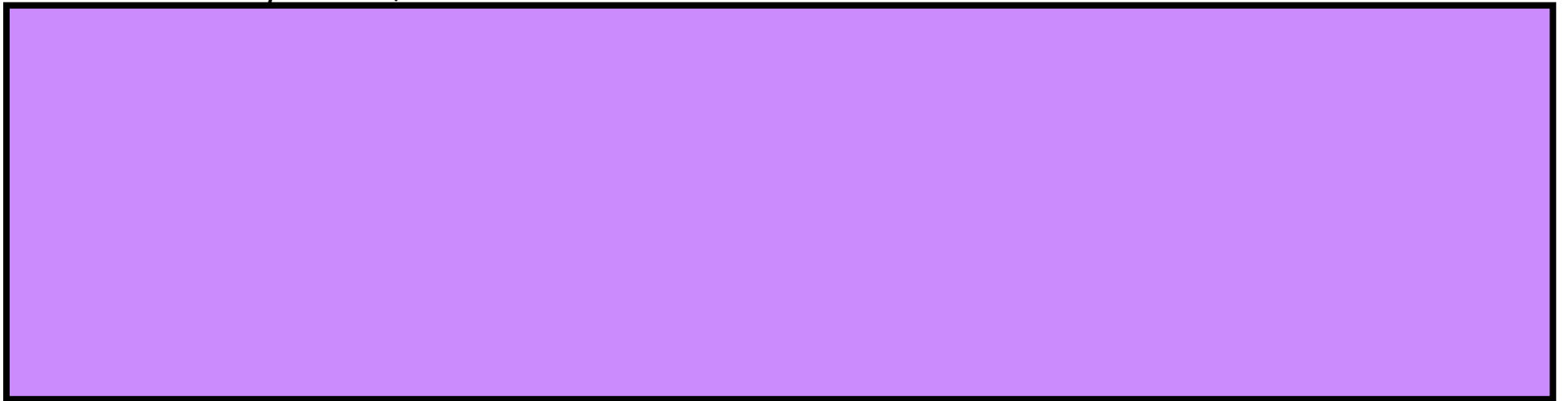


Day 08

Pick one day this week to devote an entire morning/ afternoon/ evening just to yourself. Keep your mind on you and your needs.

If you can't do a big chunk of time then do a half hour, or even just 15 solid minutes. It doesn't matter what you do as long as you're doing it for you.

What are your plans?

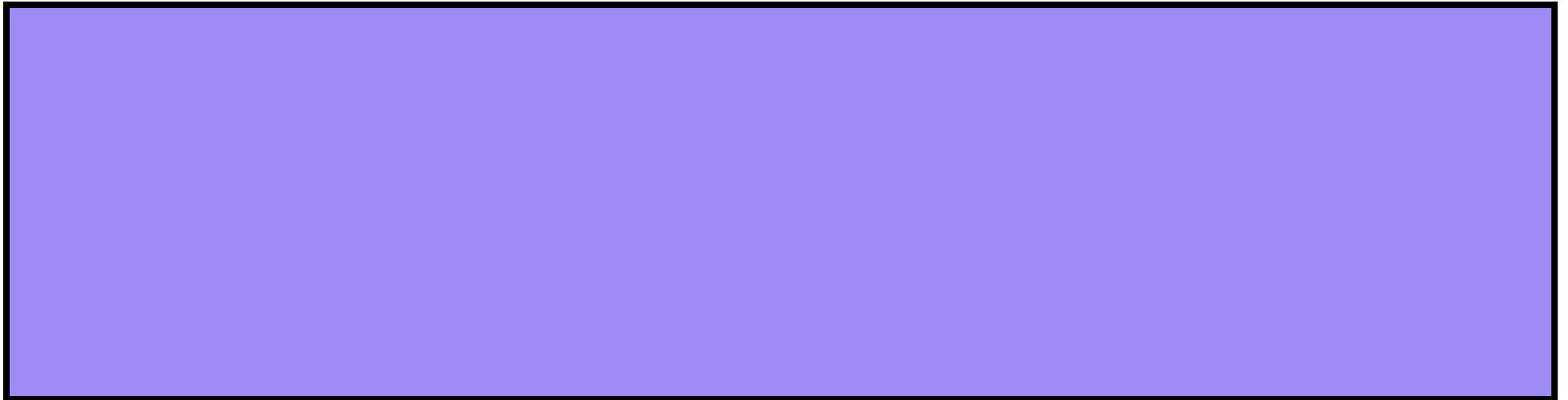
A large, empty rectangular box with a solid purple fill and a black border, intended for the user to write their plans for the day.

Day 09

Don't try to change so that someone else will love you.

Change and transform so that you can be more in love with yourself. Those changes matter and they often take place on the inside. Laugh more, be kinder (mostly to yourself), set better boundaries, communicate more effectively, learn to relax, or find something to be passionate about.

Are there any things you want to work on within yourself?



Day 10

I love a good gratitude practice. It doesn't magically make things better but sometimes it helps to take your eyes off the big picture and notice the little things. Like a cup of coffee that's just the right temperature. Look at all of the little things in your life that you have to be thankful for.

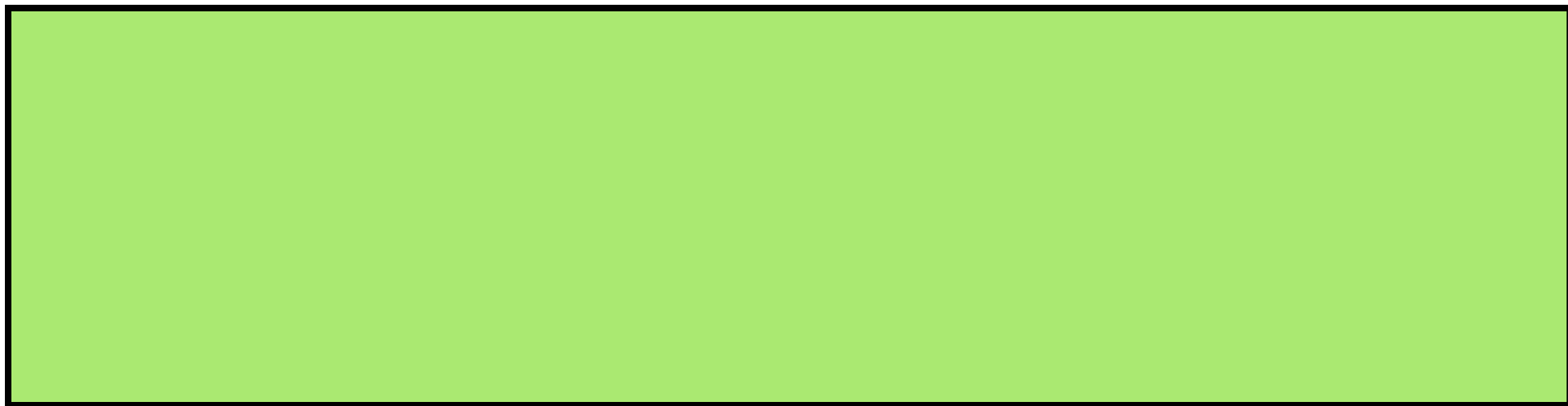
What are you grateful for today?

A large, empty rectangular box with a black border, intended for writing a response to the question 'What are you grateful for today?'.

Day 11

Stay away from people who add nothing but drama to your life. Send them on their way with love or set boundaries (and do the hard part of enforcing them). You'll be happier for it. Don't put up with other people's drama when it negatively affects you.

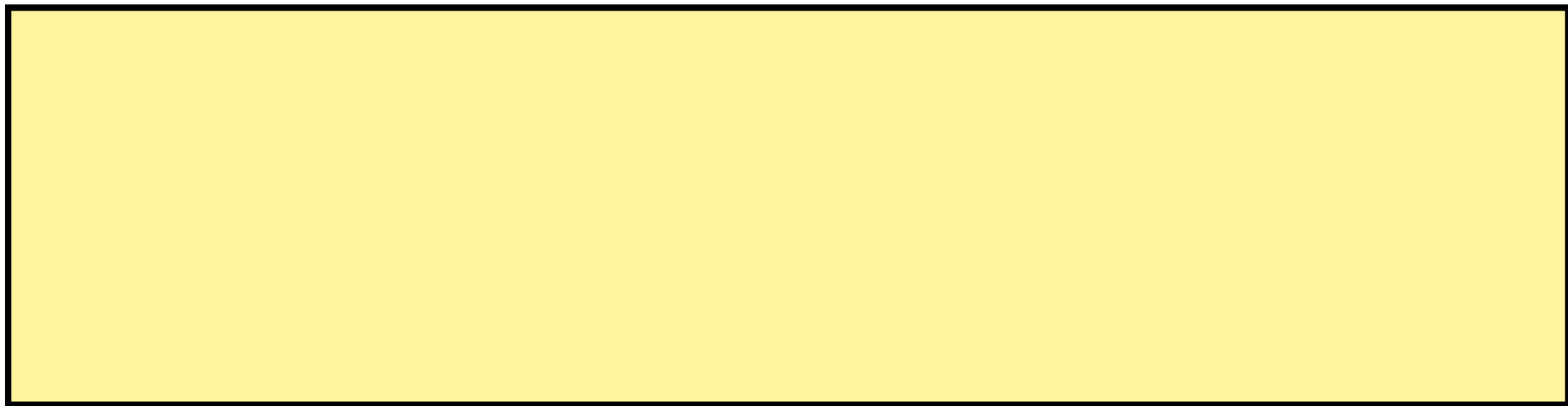
Who's adding unnecessary drama to your life and how can you set or enforce your boundaries?



Day 12

Acknowledge your efforts. See that you have done your best. Even if you have failed to produce the results you wanted, you're still trying. That's something to be proud of. If you're taking a rest right now but you're going to get back up – still something to be proud of.

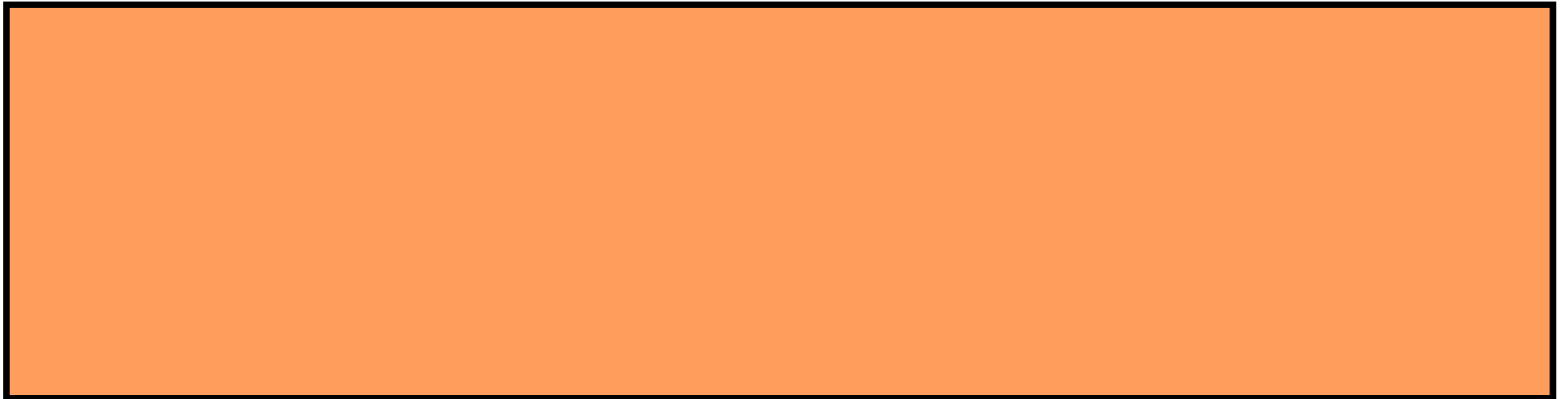
List all of your achievements (big and little) from the last month!

A large yellow rectangular box with a black border, intended for listing achievements.

Day 13

Nurture your dreams, even if they don't seem possible right now, don't give up on them. It's okay to break them down into itty bitty pieces. It's okay if you only get half-way there. It's okay to change your mind entirely. But don't stop dreaming. You deserve good things and you deserve happiness.

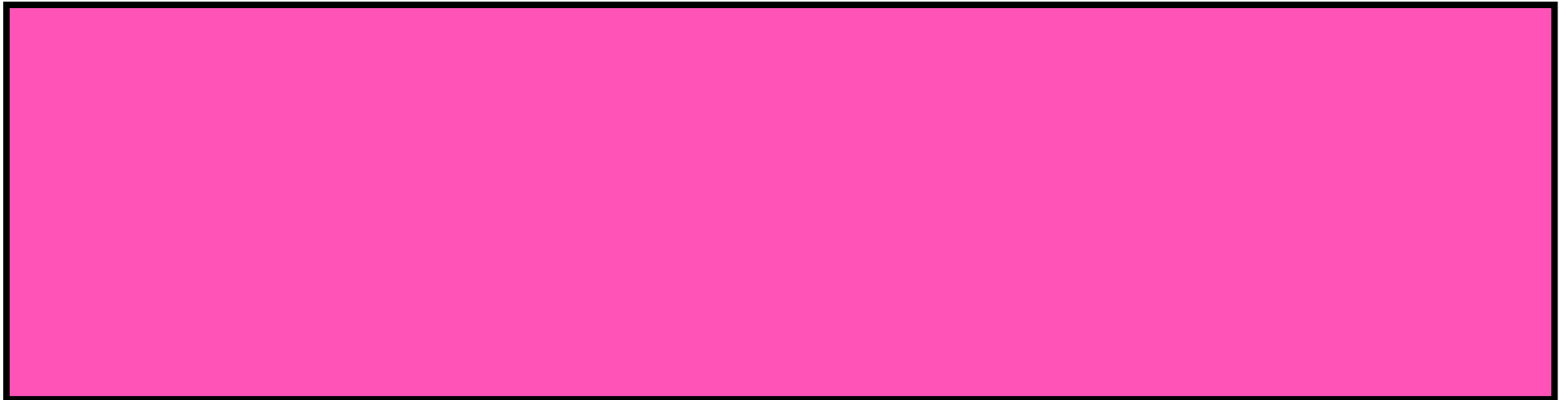
What are some dreams you'd like to see come true?

A large, empty rectangular box with a solid orange fill and a thin black border. It is positioned at the bottom of the page, below the question text, and is intended for the user to write their answers to the question "What are some dreams you'd like to see come true?".

Day 14

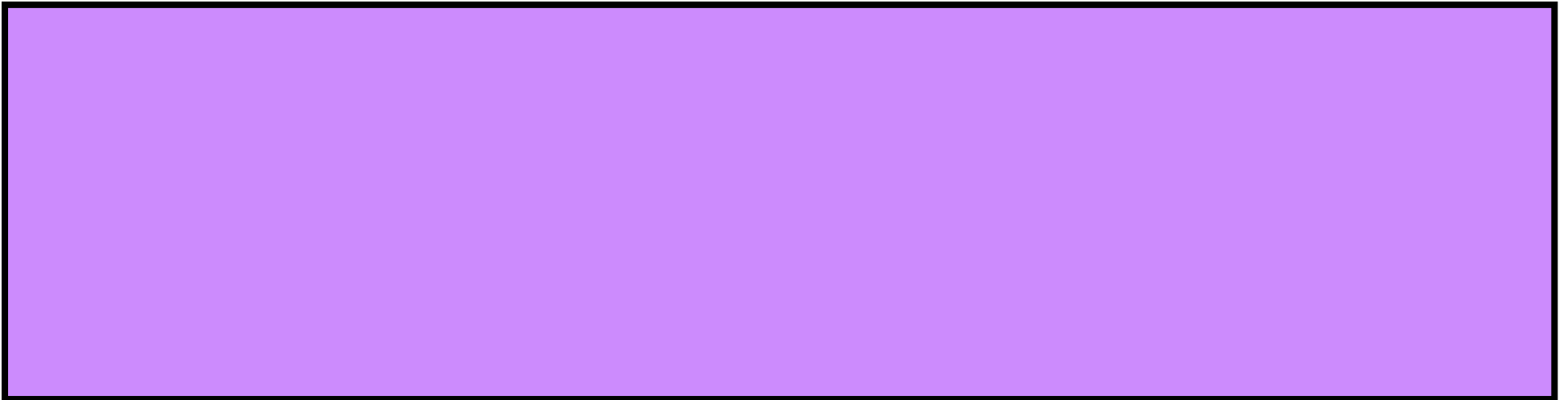
Get creative! Cultivate hobbies that allow you to have a creative outlet and do them frequently. And here's the thing – you don't have to be good at them as long as you're having fun or relaxing.

Take yourself on an artist's date. Sit in the park and draw or write or paint or crochet. Shake up your creative routine. What are your favorite ways to be creative?



Day 15

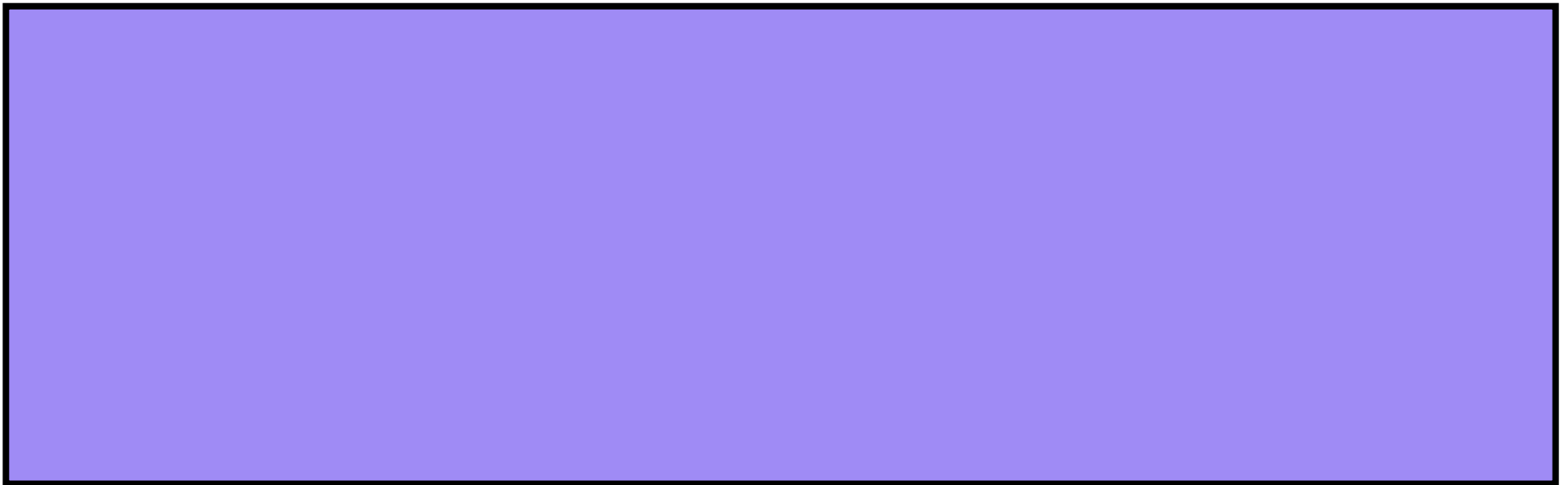
Focus on hydrating today. Imagine that you're a lovely plant in need of a little tlc. Water, water, water! Get a new water bottle that makes you excited. Set goals for how much water you're drinking each day. It's an easy way to love on yourself even if you're just meeting a basic need. How much water are you drinking daily? How can you encourage yourself to drink more?



Day 16

Do something kind for yourself sometime in the next 30 days. Write yourself a love note and put it where you can see it. Compliment yourself today when you look in the mirror or if you do something awesome. Take yourself out for lunch. Pamper yourself. Be loving.

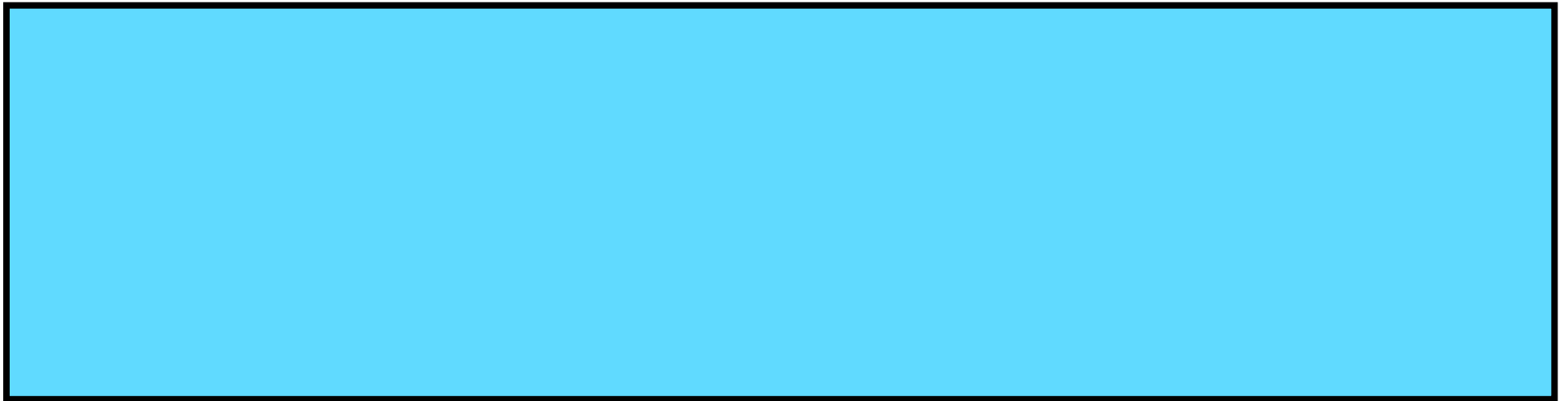
What are all the things you love about yourself?

A large, empty rectangular box with a black border, intended for writing a response to the question above. The box is filled with a solid light purple color.

Day 17

Look at yourself in the mirror. Try your best to let go of baggage and harsh judgments and “not enough” or “too much”. See yourself through new eyes. Let your gaze focus on all of the things there are to love about you. And if that feels too hard then just focus on being appreciative of all the things your body does on a daily basis.

What do you see when you look in the mirror?



Day 18

Wear something today that makes you feel confident and good about yourself. If you don't have something, buy something. Even if it's a pair of underwear that no one sees but you or super cute socks that make you happy whenever you see them. Take every opportunity you can to find little moments of joy!

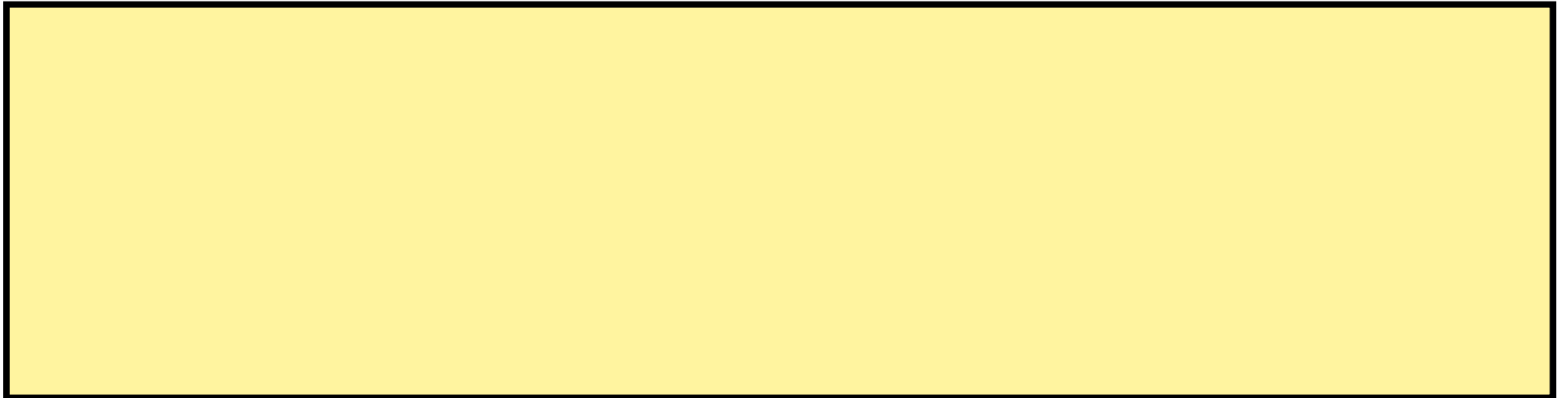
What outfit or item makes you feel good about yourself?

A large, empty green rectangular box with a black border, intended for the user to write their answer to the question above.

Day 19

Look at your life. Are there any ways that you aren't respecting yourself, your wants, or your needs? Now is the time to choose to honor yourself. Maybe you're putting someone else before yourself, dealing with one-sided relationships, or settling for ones that don't make you happy.

Where do you struggle to respect your wants/needs?



Day 20

Stop apologizing for who you are. Stop apologizing for things that aren't your fault. Stop apologizing for being human and having needs, wants, and feelings. Embrace who you are. Love who you are. No need for apologies.

Who you are is not a burden. What you want is not a burden.

How can you be fully and completely yourself today?

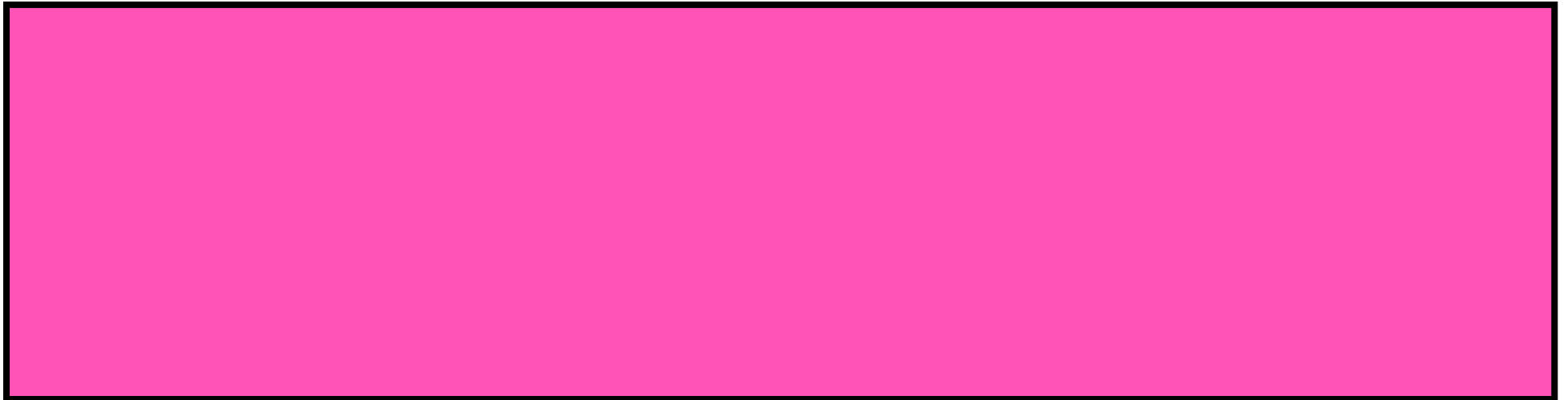


Day 21

Do something today to make your living space a little more sacred to you. Carve out a special place for yourself.

Decorate in ways that make you happy. Find art, colors, and textures that make your heart happy. Move things around for a fresh look. Tidy up that spot that you've been meaning to get around to.

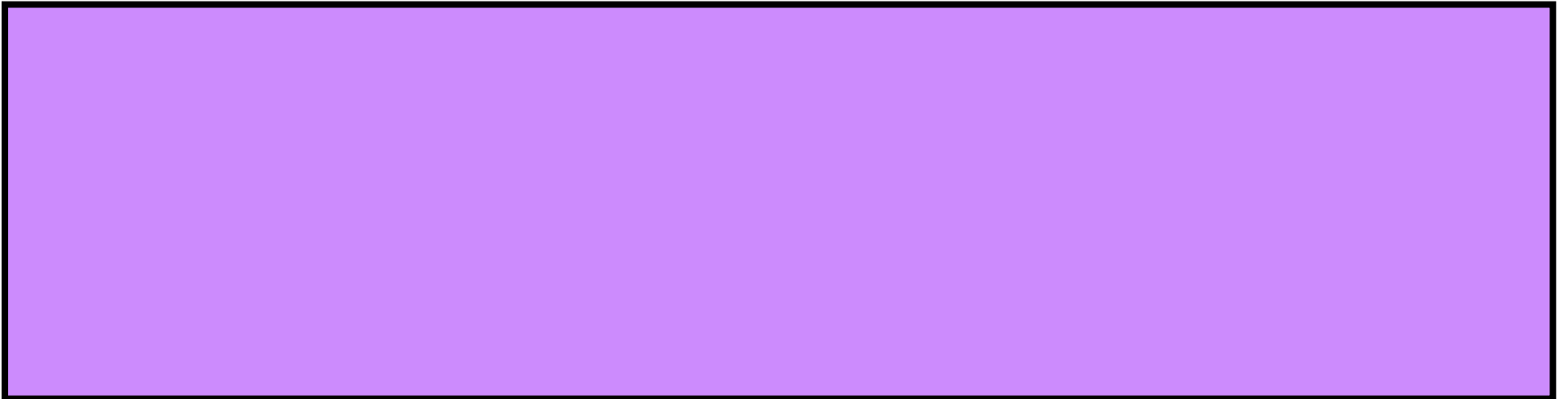
How can you re-energize your space?



Day 22

Relax today. Do something that will help you release any stress that you're holding on to. If you're feeling it in your neck and shoulders especially, focus on relaxing those muscles with a little massage or a nice soak in the bath or shower. If you're pressed for time, take a few minutes to just focus on your breathing.

What helps you de-stress?

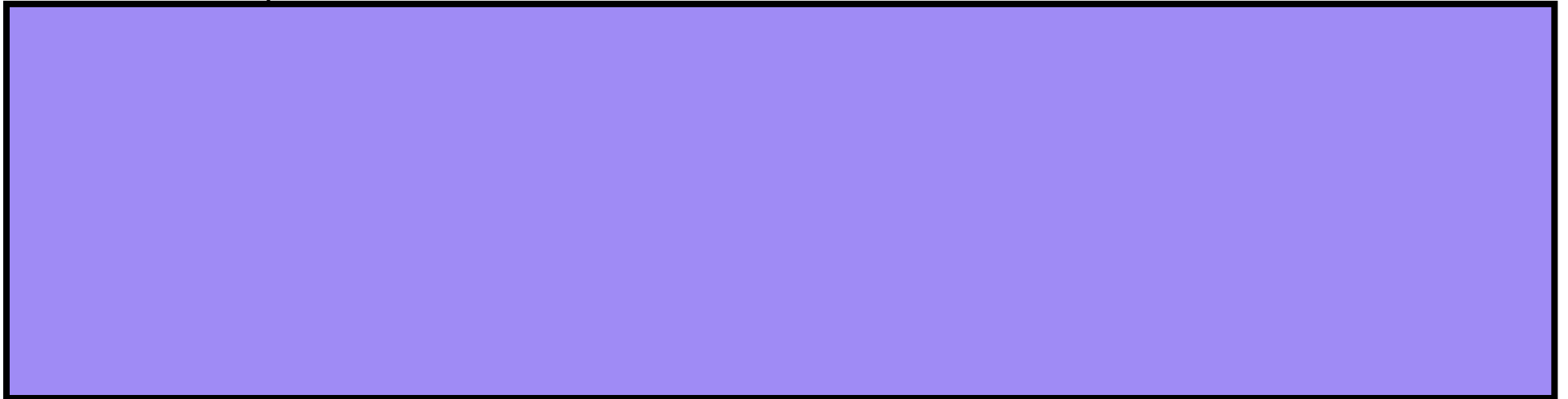
A large, empty rectangular box with a solid purple fill and a black border, intended for the user to write their response to the question above.

Day 23

I have a really easy way to have a great day! Fill your day with all of your favorite things. Cook or order your favorite meal, watch your favorite movie, with your favorite snack, and your favorite people.

Read a book that you've always loved, dress in your favorite outfit, sing your favorite song

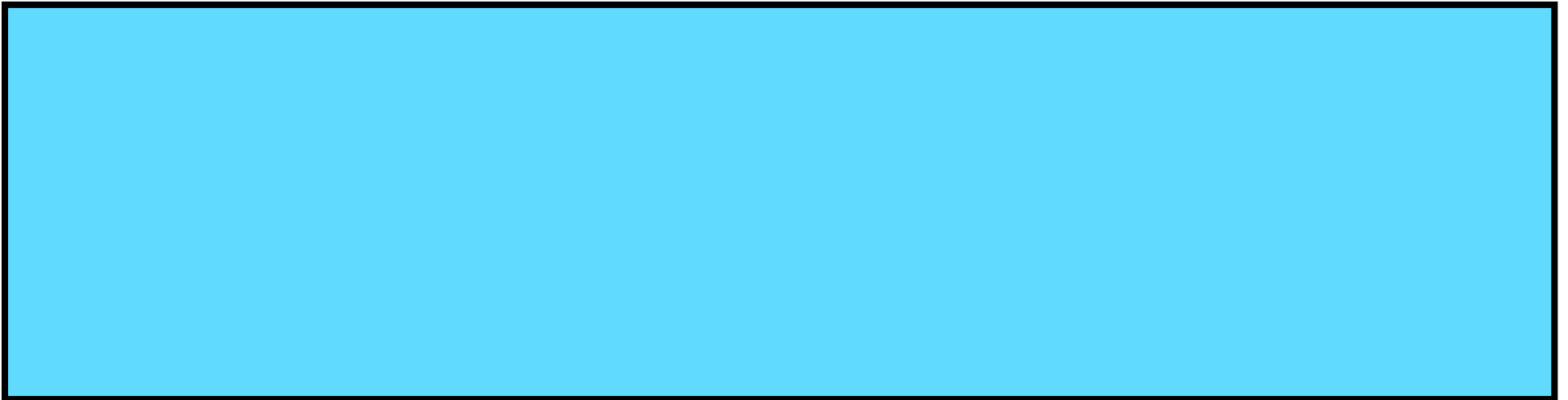
What are your favorite things?

A large, solid purple rectangular box with a black border, intended for the user to write their favorite things.

Day 24

Do something to challenge your mind (or if it's been through enough challenges – go in the opposite direction and relax your mind!) Work on a Crossword or Word search. Read a book that makes you think, do a puzzle, put something together, or learn a new skill.

What are your favorite ways to challenge (or relax!) your mind?

A large, empty rectangular box with a black border, intended for writing answers.

Day 25

Have a photoshoot. Take cute selfies of yourself! If taking pictures of yourself is hard – no pressure! Photograph the things in your day that make you happy, or go on a walk and capture all of nature's beauty.

Being able to look back at selfies where you felt cute or days filled with beauty is a great way to give yourself a mood boost.

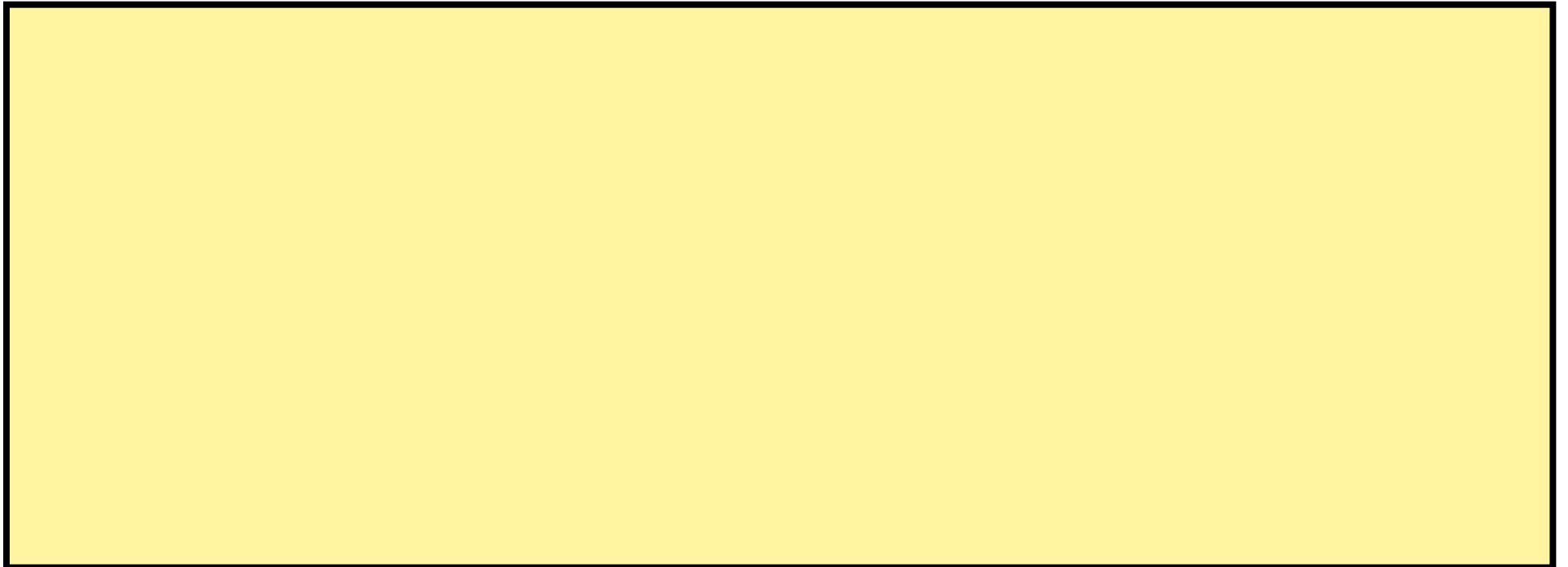
What do you see when you look at pictures of yourself?

A large, empty green rectangular box with a black border, intended for the user to write their response to the question above.

Day 26

Make a list of the things that are causing unhappiness in your life, either big issues or small issues.

Then name one way you can make each of those things just a little bit better by setting boundaries, fixing it, changing it, or learning how to cope better with it!

A large yellow rectangular box with a black border, intended for writing a list of issues and coping strategies.

Day 27

Get in touch with your spirituality. Even if you aren't religious, it's such an important part of who you are. It can mean finding a feeling of connection to other people, the earth, or the world around you. Sometimes it's nature, or your loved ones, a good book, or a spiritual place.

And sometimes it's just feeling at peace with yourself and your life.

What makes you feel spiritual or connected?

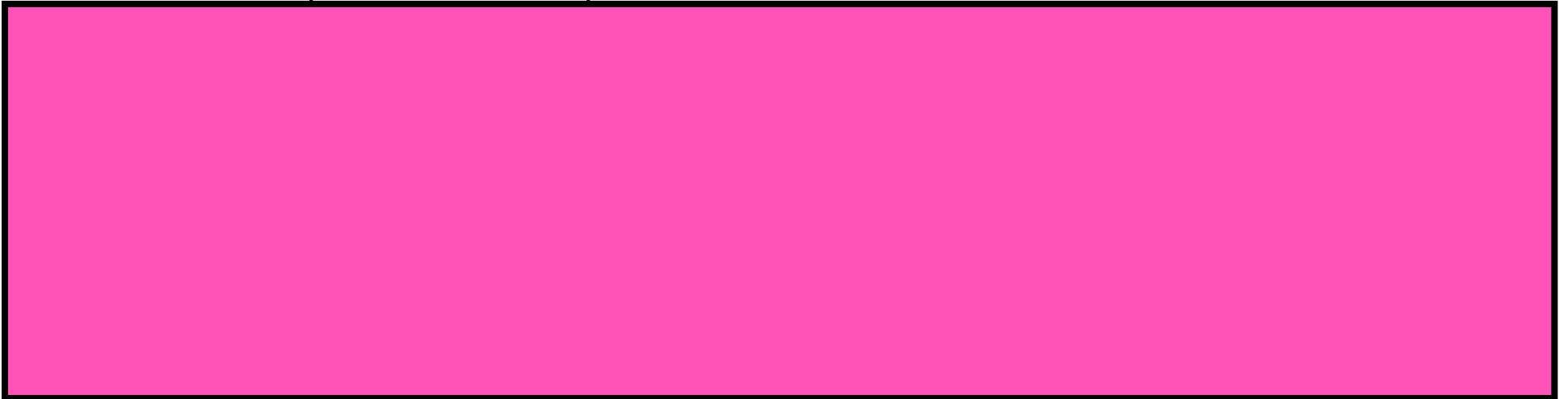


Day 28

Make yourself a care package for days when you're struggling. A shoebox works. Add fuzzy socks, a few pieces of your favorite candy, face masks, and lists of things that make you happy.

Sensory toys, packets of your favorite tea, cards people have sent you, or little trinkets to play with work well too!

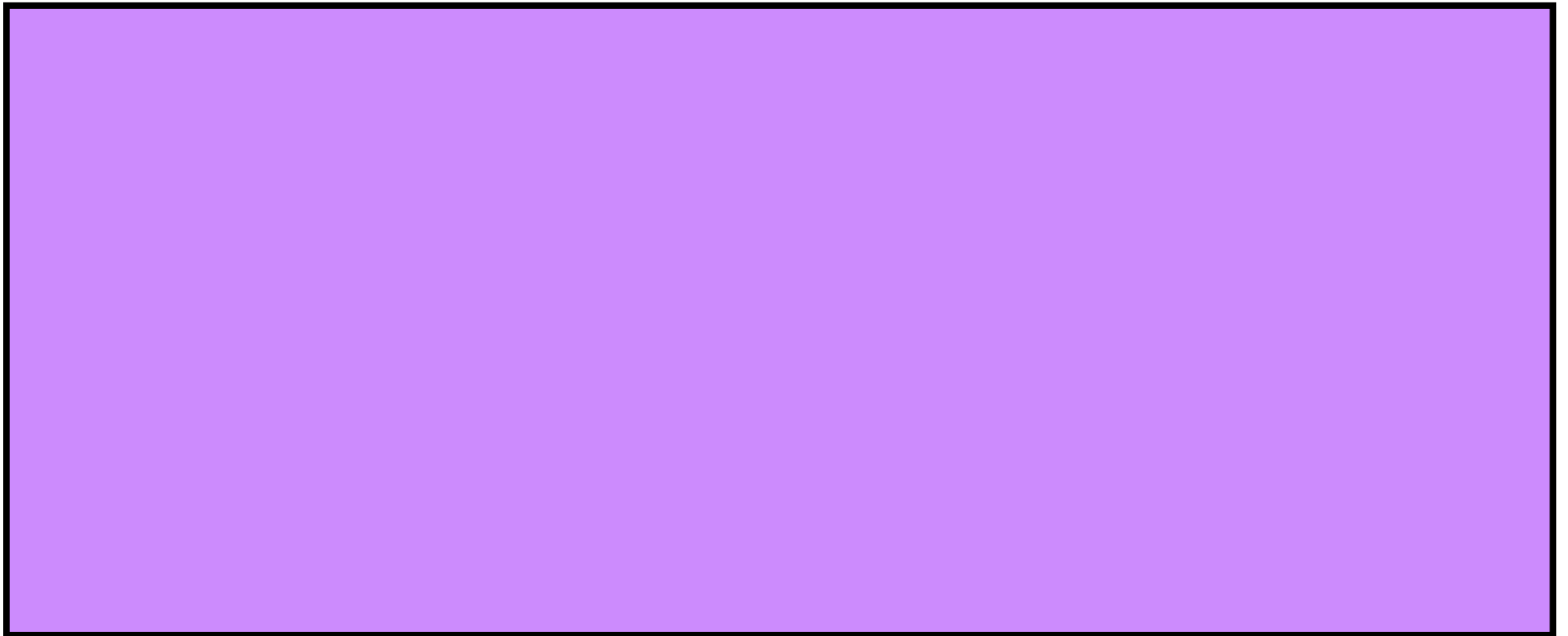
What would you put in your care package?



Day 29

Get rid of three things that you no longer need. They can be physical things or emotional things that you're ready to work on letting go of.

What are you ready to let go of?

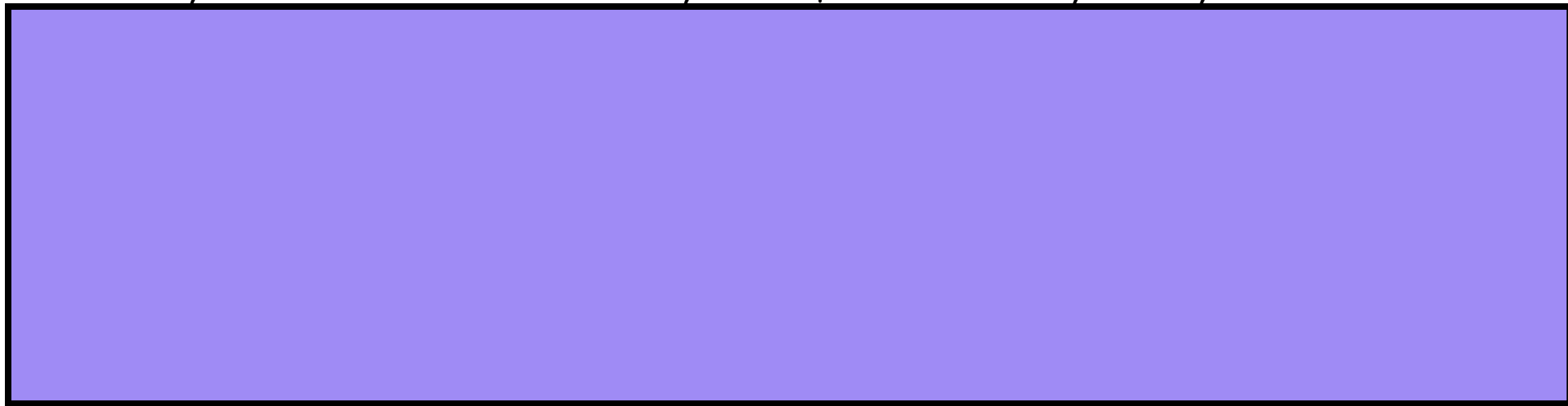
A large, empty rectangular box with a solid purple fill and a black border, intended for the user to write their response to the prompt above.

Day 30

Watch what you say to, and about, other people (and to and about yourself!). Don't buy into gossiping and bullying and criticising for the sake of it. Make sure that your physical, social, and online spaces are adding value to your life.

Create a loving atmosphere around yourself.

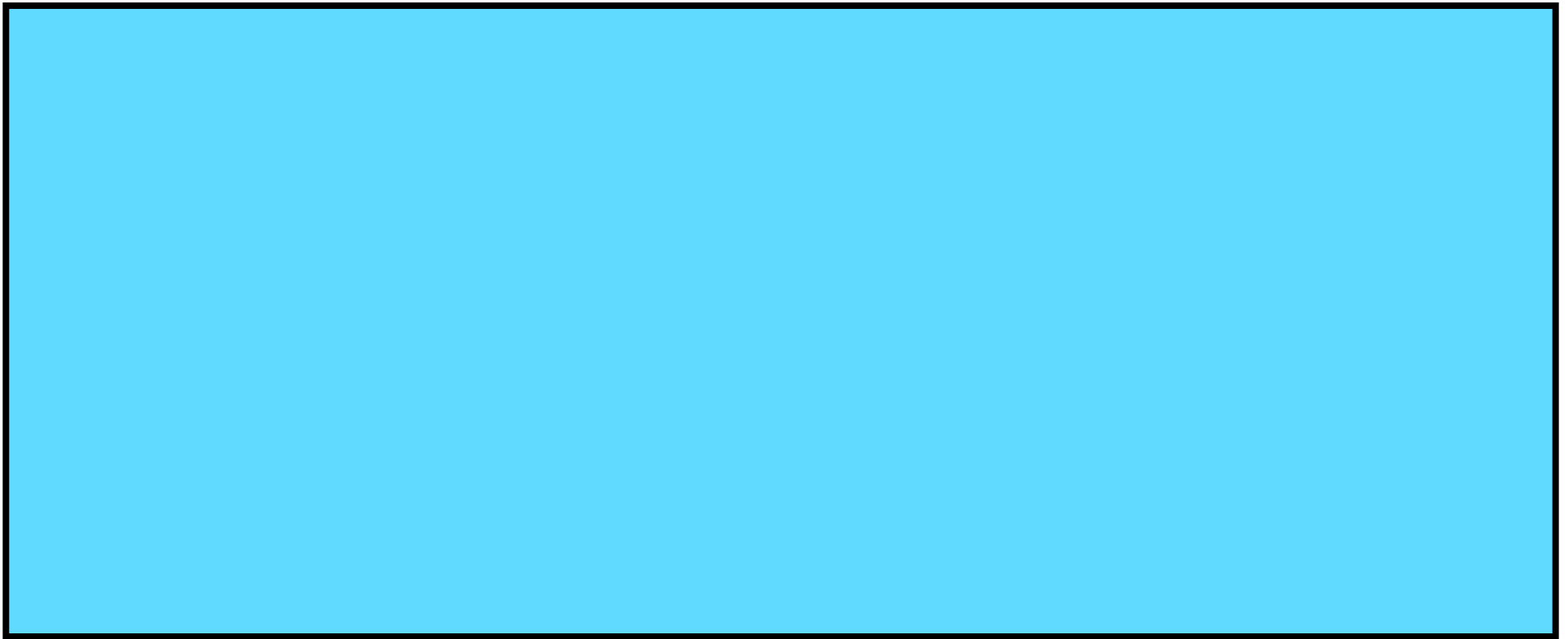
How is your self-talk? Do you speak kindly to yourself?



Day 31

Try something new. There are so many amazing things out in the big world and experiencing them and finding out what you like is a huge part of self-love.

What new things do you want to try?

A large, empty rectangular box with a black border, intended for writing answers. The box is filled with a light blue color.



If you enjoyed this you'll absolutely love "Choose Your own Self-Care Adventure". It allows you to use a drag&drop interface to create your perfect self-care-filled day.

WANT MORE SELF-LOVE?

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Speedy replies

Has a history of replying to messages quickly.



Rave reviews

Average review rating is 4.8 or higher



Dominee Calderon

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Join our self-care/mental health Facebook group. It's growing more and more every day and it's incredibly active. It's a great place for inspiring quotes, asking for advice, and forming friendships while also having self-care and mental health reminders!

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Select a membership level

A Bit of Magic



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- ♥ My Love and Appreciation!

Narwhal



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or save 10% if you pay annually

- ♥ At Least FOUR Printable Worksheets
- ♥ Two Cute Desktop/Mobile Wallpapers
- ♥ Submit Your Ideas for Images/Products
- ♥ Monthly Self-Care Calendar Page
- ♥ Goal Tracker
- ♥ Coloring Pages
- ♥ 15% Discount Code for Any Digital Item
- ♥ Patreon-Only Facebook Group
- ♥ Exclusive Illustrations
- ♥ Sneak Peeks
- ♥ Early Access to New Projects
- ♥ My Love and Appreciation!

I'm also on [Patreon](#)! You can subscribe for some really awesome monthly downloads. Wallpapers, calendars, worksheets, tarot readings, and more! Tiers start at just \$2/month! [Check out Patreon](#)



Dominee is the Magic Maker at SelfLoveRainbow.com. After spending years stuck in anxiety, depression, agoraphobia, and self-loathing, she has made it her mission to inspire others to find love for themselves and focus on their mental health. She loves to share her passion for creativity, magic, spirituality, and self-love with the world. Her goal in life is to help

people realize that they don't have to be perfect to be worthy of love, to follow their big dreams, and to make a difference.

It all starts with the telling of a story.

Visit the blog for more articles on self-love and living a happy and joyful life. You'll also find articles on anxiety, depression, journaling, and much more!

You can also find Dominee writing and drinking coffee (or tea depending on her mood!) at SelfLoveRainbow.com