

BEING YOUR OWN BFF

Cultivate a healthy relationship with yourself by loving and appreciating *all of you* like a best friend would. Your mistakes, your accomplishments, your past, and your current body are all part of you and are loveable.

How do I show up for the people I care about?

I TAKE CARE OF
ME LIKE A BEST
FRIEND WOULD

5 Friendly thoughts
about me...

Ways I can show up for
me **like a friend** would...

Acknowledge. Validate. Listen.
(Like a friend would.)

HOW DO I
FEEL?

WHAT DO I
WANT?