

# Simple ways to celebrate **YOU**

Celebrating you means taking time to be genuinely grateful for all you have. It's about honoring who you are right now and all you've done to get here. It means practicing self-love.

Here are some simple and fun ways to celebrate you:



1. Take a break from your to-do list
2. Write down who and what you're thankful for
3. Buy yourself flowers
4. Treat yourself to your favorite meal



5. Do something your inner child always wanted to do
6. Watch your favorite movie
7. Make yourself a playlist of all your favorite upbeat tunes and dance
8. Be kind to yourself; treat yourself the way you treat someone you love



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