

SELF-CARE FOR YOUR LOVE LANGUAGE: A LIST

Acts of Service

- Cook or bake yourself something
- Organize your living space
- Engage in goal-setting
- Plan a day of self-care
- Plan a day with friends or family

Physical Touch:

- Engage in gentle, mindful skincare
- Get a manicure and/or pedicure
- Dry brush your skin
- Give yourself a scalp massage
- Get a massage
- Do some yoga
- Exercise
- Do a body scan
- Take a bath

-Wear clothes that feel comfy

-Use a weighted blanket

Quality Time:

-Have tea time

-Meditate

-Read

-Engage in breathwork

-Go to therapy

-Watch the sunrise/sunset

-Watch a movie/tv show you enjoy

-Go on a mindful walk

-Engage in a hobby

-Be in nature

Receiving Gifts

-Take yourself on a date

-Buy yourself flowers

-Write a letter to yourself, to be opened at a later date

-Order food from your favourite place

-Book a vacation

-Invest in your education/career or both!

Words of Affirmation:

- Journal
- Engage in positive self-talk
- Write to your inner child
- Create a list/board/collection of quotes
- Make a list of affirmations
- Write a love letter to yourself

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