



NEIGHBOR-LOVE MOVEMENT

OUR SELF-LOVE PRACTICES

You have precious value. It's right and good to love yourself. When we love ourselves well, we cultivate awareness and energy to love others well. Practice self-love with your body.

Eyes



Look in the mirror and see yourself as a beloved child of God. You don't need to hide from your struggles, fear, or shame. You are loved.

Ears



Allow yourself to receive words of encouragement from others. Listen to your life's places of pain, hope, and gifting. Get to know yourself.

Mouth



Speak positive words of life to yourself. Challenge negative voices and affirm what is good in yourself.

Hands



Put your hand on your heart and remind yourself that your body is beautiful and valuable just as it is. Your body was made for love.

Heart



Give thanks for the gift of your birth, the gift of being alive today, and the gift you are to others. Practice gratitude and welcome hope into your heart.

Feet



Go places where you can be refreshed and enlivened. Meet with a friend, mentor, or coach to explore yourself and grow in your personal and professional life.

Brain



Ask yourself thoughtful questions and get to know yourself. What do I love? What are my gifts? How do I want to grow? What kind of person do I want to become?

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