

SELF-LOVE *Valentines Day Ritual*



*Let's take back
Valentines Day!*

Step One - Journal

Give yourself intimate, alone time to write in your journal and really get in touch with your thoughts. Some questions to get you started:

1. What is it that would make you feel loved?
2. What currently makes you feel loved?
3. What is the kind of love that you want in your life? What does that look like?
4. How do you want to feel in your relationship with yourself and with others?

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Step 2: Create a Zen Den

Create a little sacred space for yourself, somewhere that you can sit often. Make it comfortable, cozy and part of your self-loving experience. Intentionally create a safe and comforting space just for you. Some ideas of items for your Zen Den:

- Fairy lights
- Candles (be safe!)
- Essential Oils
- A soft, fuzzy blanket or cushion
- Your journal
- Pictures of loved ones
- Flowers, leaves or other natural seasonal items
- Crystals
- Plants

Step 3: Plan your Gift to Yourself

Enter your Zen Den space and using the inspiration and discoveries from your journaling exercise, decide what would be a beautiful Valentine's Day gift to give yourself. It can be the smallest thing or the biggest gesture, but it's all about you treating yourself with love and consideration. You have the power to make yourself feel good...do something that makes you feel the way you want to feel.