

What's your Self - Love Language

Receiving Gifts

Treating yourself with gifts that make you feel happy.

Clothes
Make up
Boy's toys
investing in yourself
Little Gifts

Physical Touch

Things that make your body feel good and focussing on your physical wellbeing

Massages
Spa Days
Skin Care
Body Movement & exercise
long Showers

Acts of Service

Doing things for yourself that make life easier or make you feel good

Planning
Cleaning
Organising
Therapy
Scheduling

Quality Time

Spending time alone. Doing hobbies and things you love

Meditation
Relaxing
Reading
Dates with a loved one or on your own
Time on hobbies & being creative

Words of Affirmation

Giving yourself a rev up and encouraging yourself

Positive Self Talk
Daily affirmations
Journalling
self - Improvement

One of these languages will be your dominate one. The more you work on it, the more self love you will fill for yourself. It also works for loved one's as well.