

*Just The Way You Are*

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*When I see your face  
There's not a thing that I would change 'cause you're amazing  
Just the way you are  
And when you smile  
The whole world stops and stares for a while  
'Cause girl you're amazing  
Just the way you are*

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**OBJECTIVE**

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**TO OFFER KEY CONCEPTS &  
COMPREHENSIVE CONSIDERATIONS  
FOR  
SELF NURTURING AND CARE**

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**SELF WORTH**

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- A term used in psychology to reflect a person's overall evaluation of her own value
- Basically, self worth is how you feel about yourself

self-worth is  
so vital to your  
**happiness.**  
if you don't feel  
good about YOU,  
it's hard to  
feel good about  
anything else.

✧ BANGZ BANGZ ✧

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### LOW SELF ESTEEM?

- POSITIVE SELF TALK / SELF PRAISE
- POSITIVE CONNECTIONS
- TAKE CONSTRUCTIVE PATHWAYS TO YOUR HEART'S DESIRE




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### NURTURE




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### CARE

- WATCHFUL OVERSIGHT
- CARING ABOUT
  - SURFACE LEVEL FEELINGS
- CARING FOR
  - RELATIONAL EMPATHIC.
  - OUTPOURING OF THE HEART INTO THE HEAD AND THE HANDS




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**SELF NURTURANCE + SELF CARE = SELF LOVE**

**Loving yourself isn't vanity. It is sanity.**  
*Johnnie Major*

**BEING TRUE**  
To ourselves is not easy. But that is the only way we earn our **RESPECT**. And self-respect is the foundation of **SELF-LOVE**.  
LEARN SELF-LOVE NOW! WWW.LIVEITUPHAPPY.COM

*Practice Self-love*  
You can't expect anyone to love you better than you love yourself. Don't ask someone else to do something that you yourself are not willing to do.

Our first and last love is... self-love.

It's not selfish to love yourself, take care of yourself, & to make your *happiness* a priority. It's necessary.  
*Sheryl Kelle*

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**SELF NURTURANCE + SELF CARE = SELF LOVE**

**I LOVE MYSELF, AND THAT IS WHY IT IS POSSIBLE TO LOVE YOU. SELF-LOVE IS THE CURE TO SELF-HATE. SELF-LOVE CAN CURE THE WORLD.**  
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**Love** yourself  
**accept** yourself  
**forgive** yourself  
**& yourself**  
**you**  
**wonderful**  
It's good to be good to yourself because - if that's the way the rest of us are - without a source of love.

"Never allow someone to be your priority while allowing yourself to be their option"  
**self-love**

It's all about falling in love with yourself and sharing that love with someone who appreciates you, rather than looking for love to compensate for a self-love deficit.  
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**HOW DO WE CARE FOR?**

The collage features four distinct images: a group of small, fluffy puppies; two kittens sitting together; a hospital ward with several beds in a row; and a woman in a yellow sari embracing a young child.

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