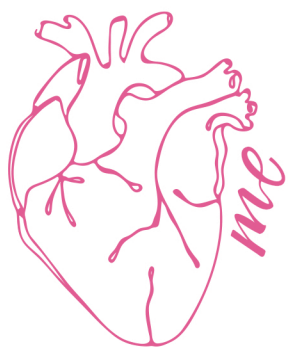
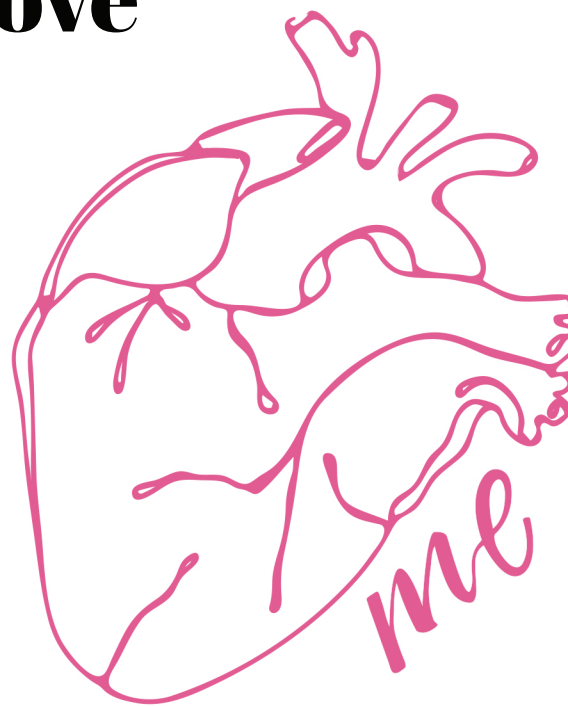


28 days of titsy self-love

1. Visit a place that makes me happy
2. Have a nap - schedule it and do it.
3. Give myself a face massage, or get a full massage
4. Find a way to 'choose joy' in an everyday activity
5. Make myself a playlist that makes me happy
6. Buy myself flowers
7. Write myself a list of all the 'titsy' qualities I have
8. Wear my favourite outfit today, just for me
9. Write a love letter to myself
10. Plan and enjoy a digital detox evening
11. Do something to feel 'big tits energy'
12. Take a dance class, or dance at home to your favourite songs
13. Do a long and slow stretch
14. Take time for myself alone to do a meditation for 10-15 mins
15. Take time to look at myself naked in the mirror, find my beauty and say "I love me"
16. Make myself a nutritious dinner
17. Book a day trip
18. Take myself on a date in your fav restaurant/cafe
19. List all of my accomplishments till now
20. Write all the things I love about myself
21. Start each day by telling myself something positive
22. Go to bed early with a book, tea and snacks (whatever rocks your boat)
23. Spend an evening practising self-care (example; a long bath and, self care routine with your favourite oils, creams, early night in bed.
24. Send words of encouragement to loved one or a friend in need
25. Do a creative activity instead of TV this evening with music
26. Journal about things I love and my dreams. Allow myself to dream and be creative with the results
27. Make an exercise plan, to nourish my body every week
28. Write things you do imperfectly, but makes you happy



love
yourself

Decorative pink watercolor splashes and petals.