

5 Love Languages *for yourself*

<p>The more we practice giving and receiving love from ourselves, the more natural it becomes</p> <p>Fill in each box with words or drawings to represents the ways you would like to give that type of love to yourself</p>	<p>Physical Touch Ex: bath, massage, exercise, etc.</p>	<p>Acts of Service Ex: cook, clean up an area, etc.</p>
<p>Quality Time Ex: Time in nature, create art, journal</p>	<p>Gifts Ex. Plants, art supplies, food, etc.</p>	<p>Words of Affirmation Ex: Write accomplishments, gratitude lists, affirmations, etc.</p>