

21 DAY  
MONEY MINDSET  
PROGRAM



***Day Fifteen***  
***Action Power Step***

**Publication Notice**

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## Day 15 Action Steps

### 12 Tips Toward Loving Yourself

1. Take full responsibility for your life
2. Do something good for yourself.
3. Invest in yourself... both in time and money. If you don't invest in yourself, nobody else will.
4. Devote daily quiet time to rejuvenate your spirit
5. Devote time to pursue your passions.
6. Take care of yourself, mentally, physically and spiritually... become self-sufficient by meeting your needs.
7. Trust your inner self... your intuition.
8. Once a day look at yourself in the mirror and say, "I love you"
9. Hug yourself.
10. Criticism never changes a thing. Refuse to criticism yourself.
11. Gently change your thoughts to more loving ones.
12. Tell yourself how well you are doing with everything.

#### **1. What are some other ways to love yourself?**

#### **2. What's one step from the 10 Steps of Loving Yourself will you do during the next 30 days.**

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**3. Complete Day Fifteen Inner Reflection Questions**

**1.**

**2.**

**3.**



## **Notes & Thoughts**