



FOR THE INSIDE

- ♥ Develop Self-Love by engaging in Self-Work
 - *Talk to yourself each day: Internalize positive affirmations that help you. *Believe in yourself. *Let go of past hurts and forgive others (and yourself). *Love and accept yourself unconditionally. *Believe in your dreams and persist to make your dreams become reality. *Plan and set attainable goals in life. *Meditate and spend a few quiet moments by yourself each day. *Visualize: See yourself achieving and prospering in life. *Exercise at least three days each week. *Pray daily. (africanamerica.org)
 - Create Personal Affirmations that are specific to you and what you need and want
 - Journaling, Reading, and Expressing your creativity, are also good practice for developing self-love.
 - Create a Vision Board
 - Make a Dream List: List 101 things you would like to do in your life (this may seem like a lot but once you get started, you'll see you have many, many, many dreams)
 - COMPLETE THE **WHO AM I?** WORKSHEET
- ♥ Make Therapy a part of your Self-Care
 - Therapy for Black Girls <https://therapyforblackgirls.com/about/> “To be seen, to be heard, and to be understood” [Podcast — Therapy For Black Girls](#) weekly chat
- ♥ Cultivating Brave Spaces Where BIWOC Belong - [KATARA MCCARTY](#)
 - Red Lips & Eye Rolls [Red Lips & Eye Rolls Podcast on Apple Podcasts](#)
 - [Katara \(@kataramccarty\)](#) • Instagram photos and videos
- ♥ Find BLACK GIRL PODCAST (apple, soundcloud, stitcher)– **Being Your Best Self**
- ♥ [The Lisa Nichols Show on Apple Podcasts](#)
- ♥ *Continue the Conversation*– We are here to discuss this topic further one-on-one.
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Mindfulness

While mindfulness began as a Buddhist concept, it has since been developed as a practice in psychology that has helped numerous people deal with crippling anxiety, depression, drug addiction, and post-traumatic stress disorder. Being mindful is not simply living in the present but a way of concentrating on aspects of the present moment you normally take for granted. Buddhists describe how our brains tend to barrage us with thoughts about the past, the present, and the future constantly. Becoming mindful means to become both aware of the movement of your thoughts and emotions and to become detached from them. This detachment allows you to focus through your true self rather than seeing yourself as thoughts thinking or emotions feeling. Practicing mindfulness meditation is the first step towards becoming mindful throughout every moment of your life.



FOR THE OUTSIDE

BODY

- ♥ <https://thebodypositive.org> 5 Competencies - self-love, acceptance of genetic diversity in body size, celebration of the unique beauty of every individual, and intuitive self-care

HAIR

- ♥ "Everyone should have the right to alter and change their hair as they please. What makes them feel beautiful is up to them." [Natural vs Relaxed hair: Pros & Cons - BlackDoctor.org](#)
- ♥ Creating a Respectable and Open World for Natural Hair: [The Official CROWN Act \(thecrownact.com\)](#)

MAKEUP

- ♥ Different looks for different occasions: a soft and natural look for daytime, a beautiful, professional, and confident look for the office or school, a simple polished look for an interview, and a bold look for parties. (shallwediscuss.com)

FASHION

- ♥ The distinction between "formal" and "casual" has blurred in this era... Yet, it is still expected that one should show that they've put time and thought into their appearance—even if they're just wearing t-shirt and jeans.
 - "Going out of the house dressed properly is still a rule we see being followed today," says Whittaker. "Wearing the right clothes and maintaining a classy look are things we still see as proper and essential in order to appear presentable, which is why we are still seeing this in play." (bestlifeonline.com)

FITNESS

- ♥ [Home - GirlTrek](#) – when black woman walk, things change
- ♥ [7 Black Women Changing The Way We Look At Wellness \(essence.com\)](#) Physical and Spiritual

ETIQUETTE

- ♥ [Lifestyle Advice from Etiquette Expert Elaine Swann — Elaine Swann: Etiquette Expert, Business Etiquette, Lifestyle Etiquette Coach, Children's Manners, Wedding Etiquette](#)

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