

WHAT'S YOUR SELF-LOVE LANGUAGE?

By Blessing
Manifesting

Physical Touch

Things that make your body feel good or focus on your physical being.

Massages
Soft blankets
Physical activity
Spa days
Skincare routine
Swimming
Stretching

Acts of Service

Doing or arranging things for yourself that make you feel good.

Therapy
Acts of Kindness
Scheduling
Cleaning
Delegating
Going Out

Receiving Gifts

Treating yo'self by purchasing things that make you happy.

Trips
Craft supplies
Comfy clothes
Little gifts
Indulgences
Investing in yourself

Quality Time

Spending time alone, hobbies & doing things that you love.

Meditation
Hobby/creative time
Taking yourself on dates
Relaxing

Words of Affirmation

Giving yourself pep talks and encouraging yourself.

Positive self-talk
Daily affirmations
Journaling
Mantras

Five Love Languages Lesson Plan

Huangqi Zhang



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