## My Self-Lve

Self-love means that you are taking time to take care of your needs and doing things to make yourself happier. It means being kind to yourself and doing things that are best for you. Some ideas for practicing self-love can be using positive self-talk, setting boundaries with others, and taking care of your body. Below, come up with some ways that you can practice self-love and show yourself that you really love and appreciate you!

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