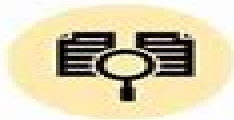
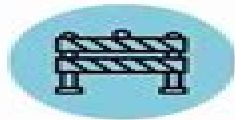


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AND LOVE YOURSELF



don't compare yourself to others



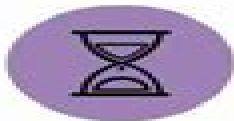
set boundaries



practice inner child work



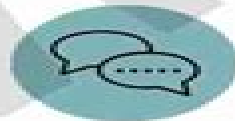
forgive yourself



be patient with yourself



identify your strengths



practice positive self-talk



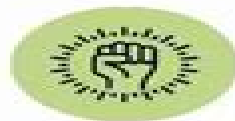
accept your flaws



practice gratitude



surround yourself with positivity



challenge negative self-talk



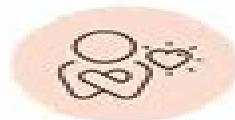
accomplish a task



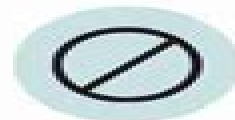
start exercising



assign your own self-worth



don't expect others to make you happy



practice saying no

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