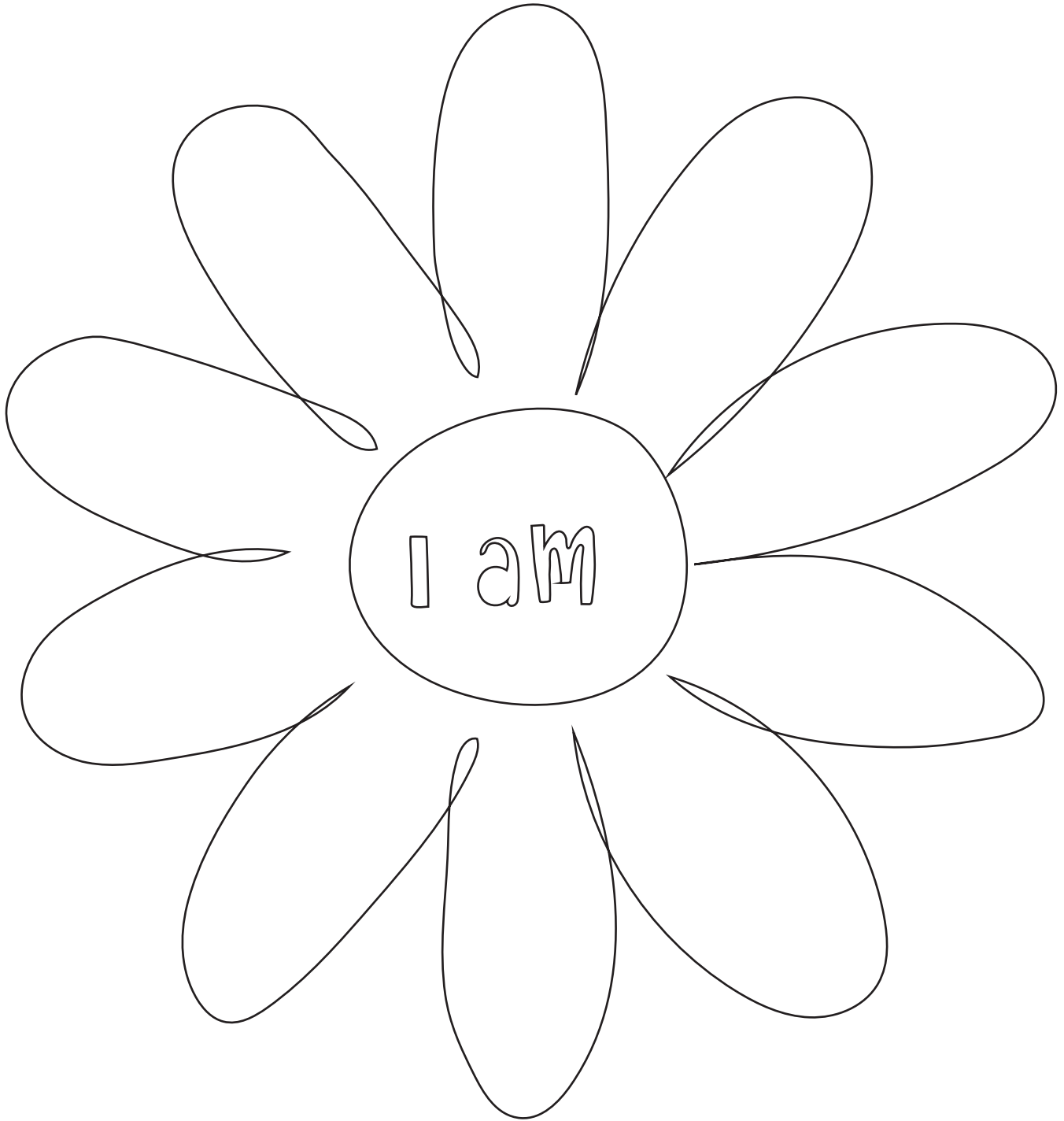


Self Love Flower

- Write or draw things you love about yourself or positive qualities you possess in each petal of the flower.



Reflecting on and expressing self-love through writing or drawing in the flower petals encourages mindfulness by promoting self-awareness, self-acceptance, and positive self-regard.

kalm • kind