

Name _____ Date _____

People Need to Learn to Love Themselves Like They Love Everyone Else

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by McKinley Corbley - Feb 14, 2017

When asked what it is they love about themselves, these men, women, and children were surprised to find that they couldn't find an answer. But when they were asked to say what they loved about their friend, family member, or significant other, they couldn't stop gushing.

That's why international wellness company Lycored created this special Valentine's Day video to encourage viewers to start loving themselves the way they love everyone else.

<https://player.vimeo.com/video/203857716>

So what is it you love about yourself? Write it down in a love letter to yourself.