

# OFF THE PAGE



## Cup of Self-Love instructions

The Cup of Self-Love is divided into coffee cup sizes. The basis for your Cup is that you need to keep it filled.

### **SMALL LOVE**

These are activities that you can do on a daily basis, and take anywhere from 10 minutes to an hour to engage in.

### **REGULAR LOVE**

The Regular Love activities are ones you do on a weekly to monthly basis, so not as often as the daily Small Love. But, these are the ones you can devote a bit more time to—an hour to a few hours.

### **LARGE LOVE**

The Large Love are the bigger ones, which might take a bit more preparation; maybe even cost a bit more. Because they are bigger, you engage with them less, say, every month, every 3 months, or up to a couple of times a year. They can be anywhere from a few hours to a whole day or two.

### **GRANDE LOVE**

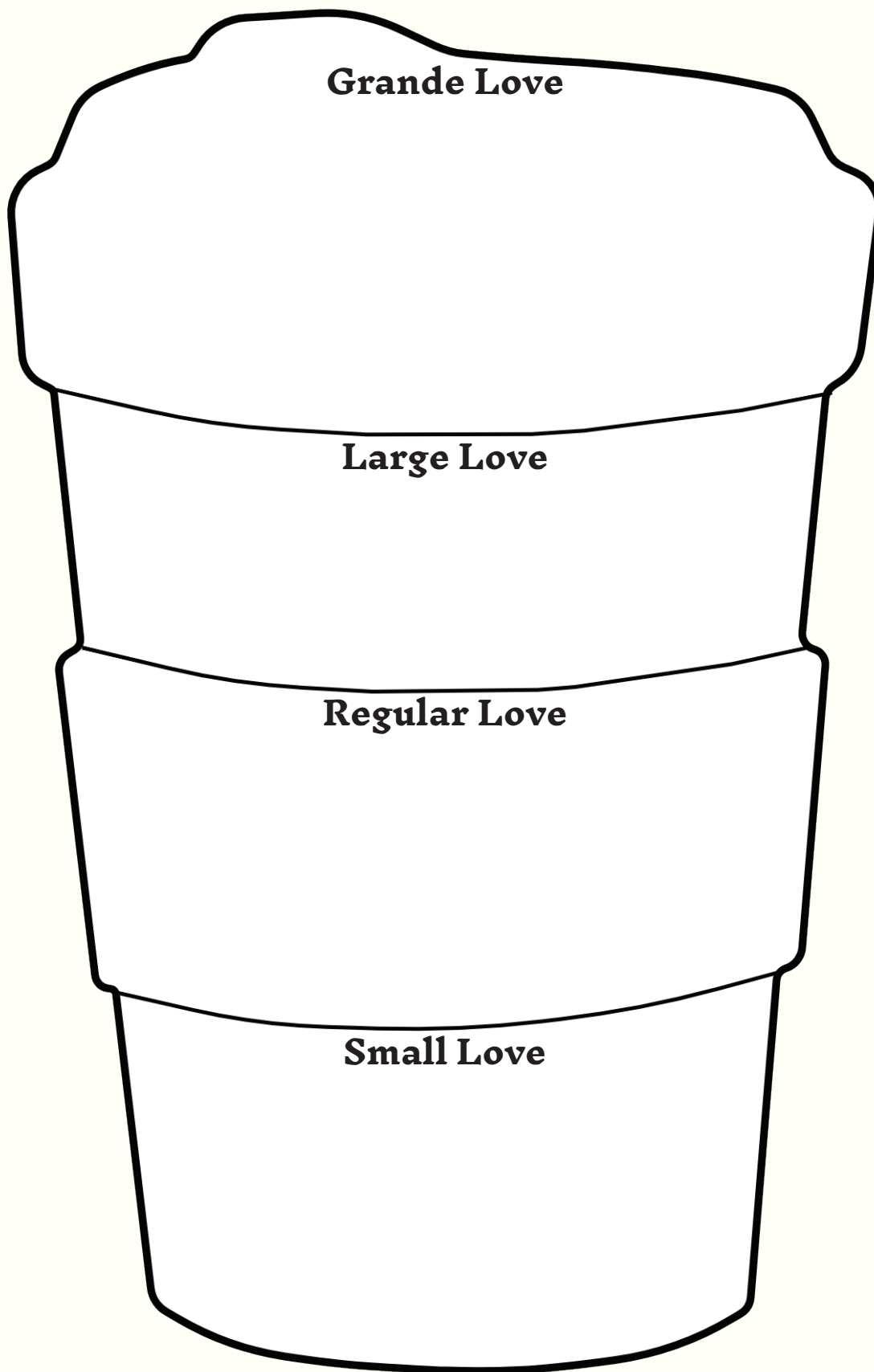
The Grande Love is for the devotees to their Self-Love and Personal Development. These are the activities that you might do once every 1 or 2 years, but can be anywhere from a day to a month long.

To help get your creative thought-process going, here's a short list of activities that can fill your Cup:

- Taking care of your general hygiene (brushing your teeth, having a shower, brushing your hair, etc.)
- Giving yourself a little extra boost just because (doing your hair nicely, wearing make-up, wearing a nice outfit or nice underwear)
- Having a cup of tea or coffee by yourself
- Waking up a little earlier before everyone else does, and have that quiet time to yourself
- Cooking and baking
- Doing some of your favourite hobbies or activities (reading, going for a run)
- Trying some mindfulness hobbies (colouring in, tapestry or sewing, painting, drawing, lighting a candle)
- Doing exercise (going to the gym, joining a sports club, swimming, running)
- Yoga or meditation
- Religious or spiritual activities
- Working on your personal development (doing a course, learning a new skill)
- Holidays and retreats

These are just examples – you can fill your cup with whatever works for you!

# CUP OF SELF LOVE



Complimentary to the book

**What They Don't Tell You About Planning Your Own Wedding**

by Juliet M. Dujmovic

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