



## The Love Yourself Packet

### Your Event

Be creative and have fun! You might find inspiration from these past event ideas.

- Gather at least 12 friends and go to a public place and hand out love yourself stickers, take photos/video, engage with others “what does it mean to love yourself?” make it fun and let people know we care and ask them to spread the word.
- Have a dance party around the theme of “love yourself”.
- Have an open mic gathering of poet’s, musicians, visual artists.
- Make sandwiches for the homeless and give them a Love yourself sticker
- Go to local hospitals/schools and bring the love yourself project to children/elderly.
- Create a dinner party around the love yourself theme.
- Have a painting, banner making, t-shirt, or origami heart making party in honor of loving yourself. (View demo how to make origami hearts: <http://www.youtube.com/watch?v=yzJoXthRq7k>. Ask people to write something they love about themselves on the paper before folding)

### Materials

- Love Yourself Stickers can be ordered here: [michael@michaelmutgallery.com](mailto:michael@michaelmutgallery.com)
- 8in x 10in love Yourself signs in English. [JPEF file available here for you to print](#). It’s best if you can make the “Love Yourself” signs in your own language, so be creative and have fun incorporating the red heart into the design. [PDF Red heart available here](#).

### Sharing Your Event

Facebook: If you have your own Facebook page, go to [www.facebook.com/theloveyourselfproject](http://www.facebook.com/theloveyourselfproject) and “like” the page, then post your event details, images and videos. If you don’t have your own Facebook page, sign up for one and then post your event on your page as well as the Love Yourself page.

Twitter: Go to <http://twitter.com/#!/loveyourselfnyc> and tweet your Love Yourself event and activities.

Don’t forget to Love Yourself. [www.loveyourselfproject.org](http://www.loveyourselfproject.org)