



The Love Yourself Project
Healing Our World With Art & Self-love

10,000 Hearts Campaign

The **Love Yourself Project** uses the simple yet beautiful medium of the origami heart to invite people to participate in this thought provoking experience. We ask a simple question: “What do you love about yourself?” This may be the first time anyone has ever asked you if you love yourself. We encourage people to inwardly explore and discover what they love about themselves as a way to increase self awareness and practice the habit of being kind towards ourselves and others.

Love Yourself Project ambassadors guide each person in the making of their own uniquely designed, hand-folded heart. Participants can send digital copies of their heart to The Love Yourself Project team where they will be added to the growing collection and exhibited on social media.

Instagram: @LoveyourselfNYC.

Facebook: facebook.com/LoveYourselfProject

WEB: www.loveyourselfproject.org

E-mail: info@loveyourselfproject.org