

The Love Yourself Extras

Some Ideas for Your Event

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

- Gather at least 12 friends, go to a public place (park, cafe, train/bus station, etc.), and hand out Love Yourself stickers. Take photos/videos, and engage with others about “what does it mean to love yourself?” ****Do Not Put Stickers on Private Property without consent****
- Host a LYP themed dance party, open mic night with poets, musicians, visual artists, etc.
- Make sandwiches for the homeless and give them a Love Yourself sticker
- Go to local hospitals/schools/senior centers and bring the **Love Yourself Project** to children and the elderly
- Create a dinner party/friends’ night out around the love yourself theme
- Host a painting, banner-making, t-shirt, or origami heart-making party in honor of loving yourself

Other workshops you might be interested in: Detox Your Negative, Empowerment Bracelets, Funny Face, Love on the Line, Mirror Mirror, Magnetic Love, Passion for Fashion, Love Rocks, and Heart Meditation. Contact Michael for more information: michael@loveyourselfproject.org

Other Materials/ Signs

- All the images needed to make a Love Yourself sign or banner are available in the downloadable kit.

Love Yourself sign in English image: LYPlogoHR

Red Heart image: LYPredheart

LYP Banner image: LYPbanner

Sharing Your Event

Take as many photos/videos as possible to document and share your **Love Yourself Project** event with family, friends, social media and **The Love Yourself Project**.

Facebook: If you have your own Facebook page, go to www.facebook.com/theloveyourselfproject and “like” **Love Yourself Project** and add the photos/videos from your events.

Instagram: @loveyourselfnyc

Don’t forget to Love Yourself. www.loveyourselfproject.org