

How to self-love like Lizzo

She's pretty much owned 2019 with her unique brand of badass full-throttle joy.

Need a pep talk? Let **Lizzo** lead the way

1 REINVENT THE NUDE

Lizzo's a big fan of taking nudes for the sake of, well, taking nudes. She takes naked selfies for the sole purpose of celebrating herself and her body — and she'll let her Insta followers know about it, too. Best caption? "Can't tell if I look better w/ or w/out clothes." Check your lighting and angles, and keep it for your eyes only — do it for YOU.

2 LEARN AN INSTRUMENT

Lizzo's flute has a legit life of its own, with a whole Instagram account dedicated to Sasha Flute (@sashabfluting — yes, it's named after Beyoncé's alter-ego Sasha Fierce) and her cousin, Blew Ivy. Lizzo wants us to channel our badass selves through the medium of music. Plus, experts say playing an instrument is a surefire way to relieve stress.

3 MARRY YOURSELF

OK, maybe not literally. But if you want to really let people know how much you love yourself, why not chuck on a wedding dress and throw a whole party to celebrate you? Lizzo did just that in the music video for "Truth Hurts," and again for her performance at the BET Awards in June 2019, telling fans, "You are always the bride in the marriage of self-love." Trip to Vera Wang, anyone?

6 SAY YOUR SELF-LOVE MANTRA

Lizzo knows the best way to celebrate self-love is to speak it into existence, loud and proud. She made her Glastonbury audience, and her 6.2 million Instagram followers, chant her sworn-by mantra: "I love you. You are beautiful. And you can do anything." On the advice of Lizzo, repeat as many times as you need. Maybe not in the middle of a meeting, though...

5 CELEBRATE YOUR SUCCESS

Good As Hell was released back in 2016, three years before making it into the charts, but Lizzo never stopped believing in herself. So if you're guilty of keeping your achievements quiet, but bigging up everyone else, take a leaf out of Lizzo's book. Now she's topping charts, she always shouts about her achievements on Instagram. Why be a boss if you can't let everyone know about it?

4 LOVE YOURSELF LIKE YOU LOVE OTHERS

Lizzo's a big believer in the power that self-love has to lift up those around you too — just listen to her iconic Juice lyrics: "If I'm shining, everybody gonna shine." It also works the other way: the more you love others, the more you love yourself. She shouted it for all to hear at Glastonbury, telling the crowd, "If you love me, you can love your goddamn self." Amen.