20 DAY
SELF-LOVE

Challenge

ALONDRA PIÑA

Hello Babe,

I am beyond excited you have chosen to join the 20 Days of Self-Love Challenge!!

When we encounter doubt, it is absolutely hard to maintain confidence & love toward ourselves. How we love ourselves literally impacts every aspect of our life, so learning to love who we are is the most important skill to master. No matter what you're relationship status says in the media, the most important one is the one you have within yourself. Truth is, how you talk to yourself ultimately determines the success in other relationships which composes your physical, emotional, and mental well-being.

For 20 days you'll be challenged to try journaling prompts & activities focusing on getting to know who you are, surprising yourself, and prioritizing yourself.

My wish for you is to inspire you to continue implementing love for yourself forever.

You are worthy of love, always have, and always will be.

With Love,

Alondra



SELF-LOVE Challenge

Journal prompt #1	Buy yourself some flowers	Make a list of your favorite songs & jam to them	Go for a walk In nature	Write affirmations that inspire you stick them all around your home
Journal prompt #2	Do a social media detox.Unfollow accounts that don't help your success	No Makeup Day Bare face is beautiful	Wear whatever you want	Reach out to a friend
Journal prompt #3	Take yourself on a date	Complement yourself Focus on what you value about yourself	Do a hobby you used to do as a child	Take a social media break
Journal prompt #4	Take 20 minutes to mediate & set an intention for the day	Practice saying NO	Complement a stranger	Give yourself a hug

WHAT DO YOU BELIEVE ABOUT YOURSELF?

Take some time to think about what things you believe about who you are (negative or positive, list them anyway) For each one write down why you believe this to be true & how they can impact your life.

IDENTIFY WHAT IS NOT SERVING YOU?

Identify what things in your life are not contributing to your success. It can be people, hobbies, objects, accounts. Write down how your life would look like if these factors disappeared. Brainstorm how you can begin to walk away from them.

SHOWING UP FOR YOU IS IMPORTANT

How can you embrace who you are?
How can you show up more authentically & unapologetically as you and no else?

Share it with a friend or trustworthy person to keep you accountable.

WRITE A LETTER TO YOUR YOUNGER SELF.

What do you want her to know?

What empowering words would you share with her?

Safe it in a sacred place & read it in a year from now. Are you proud of who you are?

FIND MORE SUPPORT IN THE FOLLOWING PLACES!

@alondrarubal



