



SELF LOVE CHALLENGE

Learn to Love yourself unconditionally

Practicing self love helps reduces stress and improves you to improves your overall emotional and spiritual wellbeing.

To help inspire you we we've created this 16 days challenge focusing directly on self love.

Each day, strike out one of these items of the list and by the time march comes carry over your favorites.

Self love shouldnt stop at the end - if anything, you should be inspired to practice some self love routines all year long!

So ready? Let's get started !!!



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Write 5 things you are grateful for

Give yourself an extra hour of sleep

Write a positive note on the mirror

Buy yourself some flowers

List all your accomplishments

Do something that makes you laugh

Make yourself an amazing dinner

Compliment yourself during the day

Revisit a childhood hobby

Buy yourself a gift/flowers

Journal for 15 minutes

Say No to something or someone

List your long term and short term goals

Take a deep breath once every hour

Donate/do a random act of kindness

Write a letter to your future self

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