

Self-Love Challenge

10-days

Start Date: _____

1	INSPIRE	2	ABUNDANCE	3	MOTIVATION	4	DETERMINED	5	ACTION
	<p>Write three things you love about yourself.</p> <p>-----</p> <p>Every-time something bothers you/upsets you during the day, remind yourself of these three things!</p>		<p>Pick one thing you want to try and haven't yet.</p> <p>-----</p> <p>Plan a day and time to do this thing. Make it as exciting and appealing as possible!</p>		<p>Pick one outfit you love but hardly or never wear.</p> <p>-----</p> <p>Either wear it around your house or out for the whole day!</p>		<p>Pick a new hobby you've wanted to learn.</p> <p>-----</p> <p>Take a class or get what you need to learn this hobby!</p>		<p>Pretend everything that happens today is your fault.</p> <p>-----</p> <p>How are you at cause for this? If you're at cause, you can change it!</p>
6	OVERCOME	7	LOVE	8	CONFIDENCE	9	INTUITION	10	COMMIT
	<p>Pick a smaller fear of yours to overcome.</p> <p>-----</p> <p>Pick a day and prepare yourself to overcome it. You will now be comfortable with something new!</p>		<p>Plan a self-care/ self-love day. Treat yourself how you want to be treated.</p> <p>-----</p> <p>Massage, facemask, beach, new shoes. What makes you feel special? Then do it!!</p>		<p>Create a routine that includes 30 minutes of self care everyday.</p> <p>-----</p> <p>No matter what self-care looks like to you. Carve that time out for yourself everyday!</p>		<p>Do a random act of kindness for a stranger.</p> <p>-----</p> <p>When you don't feel your best, and someone shows kindness, it feels good. Choose to be that person for others!</p>		<p>Commit to yourself and the change you want to see.</p> <p>-----</p> <p>Listen to this guided meditation to start everyday feeling loved and your absolute best!</p>