

30-DAY *Self Love* CHALLENGE



- 01 Write what you hope to achieve
- 02 Spend 5 mins smiling at yourself in the mirror
- 03 Change your phone background to a quote that inspires you
- 04 Write down your favorite trait
- 05 Take a selfie without retaking the photo
- 06 Write yourself a letter
- 07 Speak about yourself to a friend
- 08 Write down your worst habit
- 09 Draw a self portrait
- 10 Spend 30 mins meditating
- 11 Take yourself out to dinner
- 12 Write down something that makes you unique
- 13 Spend the day doing your favorite activity
- 14 Take a photo of yourself smiling
- 15 Read a favorite book
- 16 Take a selfie with no make-up
- 17 Go for an afternoon walk
- 18 Create a 'just for you' playlist
- 19 Write down something that makes you happy
- 20 Change your phone screen to something that inspires you
- 21 Have a pamper day
- 22 Write down 3 things you know you cannot change
- 23 Take a picture of something that brings you joy
- 24 Write down your favorite affirmation
- 25 Cook your favorite meal
- 26 Spend 10 mins really looking at yourself in the mirror.
- 27 Take a photo of yourself laughing
- 28 Write down something you forgive yourself for
- 29 Spend the day giving yourself compliments throughout the day
- 30 Write about your best experience from the challenge