

30 Day Self-Love Challenge

DAY	PROMPT {PRIVATE}	COMPLETED
1	Write 3 positive words your closest friends would use to describe you.	♥ I DID IT!
2	Get clear with something you desire? Imagine for 10 minutes living this desired life.	♥ I DID IT!
3	Make a date to spend time with someone you love or enjoy.	♥ I DID IT!
4	Spend time alone...in nature, meditation, journaling, or just being.	♥ I DID IT!
5	Be mindful of what you put into your mouth. Make it a choice.	♥ I DID IT!
6	Dress in something that makes you feel fabulous.	♥ I DID IT!
7	Make a date to do something special for yourself.	♥ I DID IT!
8	Laugh more today...at yourself and with friends.	♥ I DID IT!
9	Do an act of kindness for a stranger.	♥ I DID IT!
10	Speak only positive words to yourself and others.	♥ I DID IT!
11	Let go and forgive something you have done in the past.	♥ I DID IT!
12	Write down 10 things that you love about yourself. Read these 10 things aloud in front of the mirror and try to feel the love within.	♥ I DID IT!
13	Write a note or send a card to someone you love.	♥ I DID IT!
14	Write down one thing you are really good at and why.	♥ I DID IT!
15	Drink a minimum of 8 glasses of water today.	♥ I DID IT!
16	Write this down: "I am joyful, happy and free. Everything I need comes to me with ease, grace and at the perfect time." Read it regularly with feeling.	♥ I DID IT!
17	Do something creative. For example: Draw, cook, set a beautiful table.	♥ I DID IT!
18	Exercise today. Write about how you felt before, during and after.	♥ I DID IT!
19	Notice when you said "yes" to something you didn't want to do. Write about how that felt and the impact it had on your life and happiness.	♥ I DID IT!
20	Ask for help from a physical friend or unseen friend (guide or angel).	♥ I DID IT!
21	Write about one person who inspires you and why.	♥ I DID IT!
22	Notice your emotions. How did you feel when you got up, ate lunch and went to bed? How could this be impacting your day?	♥ I DID IT!
23	Write down a quote that motivates or inspires you.	♥ I DID IT!
24	Notice and act upon what your body needs today...water, sleep, exercise?	♥ I DID IT!
25	Notice your thoughts. Are they mostly negative or positive?	♥ I DID IT!
26	First thing this morning: Get clear with how you want your day to go. See it happening.	♥ I DID IT!
27	Close your eyes and take 3 deep, cleansing breathes, releasing all stress with your exhales.	♥ I DID IT!
28	Make a list of 5 things you want to do this year.	♥ I DID IT!
29	Think of something or someone you have been tolerating in your life and choose to let it/them go.	♥ I DID IT!
30	Write about how this Self-Love Challenge impacted your life and how you feel.	♥ I DID IT!