

15 DAYS OF SELF LOVE



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Day 1: Buy yourself something NEW. Sometimes to show yourself a little bit of self love , it's as easy as buying yourself something new. I love buying notebooks/ journals that make me smile and inspire me to write in them.

Day 2: SAY NO. Don't commit to one thing today that doesn't bring you joy. Look at your schedule and eliminate one thing that doesn't bring you joy. Delegate it or ask someone else to do it.

Day 3: DIY Face Mask. Today is about showing love to your face. Our face is the first thing people see when they look at us. Thank yours today by giving it some extra care... It is as easy as mashing some bananas and spreading it onto your face.

Day 4: Spend time in Nature. Nature is so effective for making you feel better. Walking amongst trees, bathing in the sea or spending time with animals will calm and relax you and strengthen you.





Day 5: Make a healthy nutritious soup with your favorite ingredients. There is nothing like a hot bowl of LOVE soup.

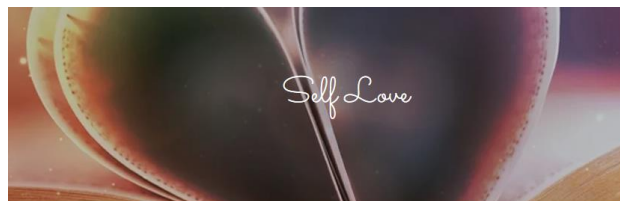
Day 6: Spend time in your sacred space. If you don't have a sacred space, make one. You need to have a place of your own that immediately allows you to travel to a quiet place in your mind. Somewhere that you can enjoy a ritual to help you ground yourself.

Day 7: Wear your favorite outfit. It doesn't matter what your plans are. Wear that outfit that makes you feel confident and sure of yourself.

Day 8: Take yourself out on a date. It's been a while. When was the last time you sat somewhere for lunch or dinner and asked yourself how you are feeling and what your dreams look like? Sit and journal and eat at your favorite place.

Day 9: Work on your gratitude list. What is it that puts a smile on your face? What are you thankful for? Make a list that you can look at when you are feeling stressed.

Day 10: Now that you've reached day 10, it's time for an emotional check. How are you feeling? Is there something that's been bugging you that you haven't addressed? Today is the day to do so. Think about what is upsetting you and figure out why. Is it fixable? What is that solution?





Day 11: Watch your favorite film. What is one of your all time favorite movies? Watch that today. Maybe invite your loved ones to watch it with you.

Day 12: SLEEP. REST. REST some more. Today is a low maintenance day. Don't cook. Don't clean. Every chance you get, REST.

Day 13: Find a new Song to Love. Find a song today that you have never heard that you absolutely love. (Tip: search for music related to a theme you need now in your life. is it healing? is it a motivational, inspiring son? romantic? what do you need today?)

Day 14: Write yourself a love letter. Look at yourself and write about all those qualities about yourself that make you love able. What are you most proud of ? What are your favorite qualities about yourself? You are not allowed to write anything negative. this is a LOVE letter. You are falling in love with yourself.

Day 15: Make your own SELF LOVE list. Now that you've finished my Challenge. It's time to make your own. What can you do for you? Share your list with your friends. Share it with me at : CarryLove@CaridadSaenz.com

