

SELF-LOVE CHALLENGE

#1 Write and say 3 positive affirmations	#2 List 10 things you love about yourself	#3 Say thank you to 5 body parts in the mirror	#4 Say no at least once	#5 Do something you are really good at	#6 Engage in loving exercise	#7 List 5 things you love about your life
#8 Change you space in one way	#9 Turn off phone early and take a bath	#10 Do an act of kindness	#11 Take a break from social media	#12 Forgive yourself for one mistake made	#13 Make a nourishing meal	#14 Buy yourself flowers
#15 Write down 3 hard things you did	#16 Journal a self-love question	#17 Compliment yourself in the mirror	#18 Schedule in 30 minutes of self-care	#19 Create a playlist of self-love songs	#20 Open an uplifting book	#21 Make a vision board
#22 Create a Sunday self care routine	#23 Connect with nature	#24 Stretch for 10 minutes	#25 List 5 things you're grateful for	#26 Write yourself a love note	#27 Connect with someone	#28 Do one activity that makes you feel good
#29 Declutter one thing	#30 Reframe a negative into a positive					