

# SELF-LOVE

## 30 days Challenge

### DAY 1

Write yourself a Love Letter

### DAY 2

Start a Self-Care journal

### DAY 3

Take 15 minutes to decide to learn something new about you

### DAY 4

Allow yourself to sleep in on the weekend

### DAY 5

Spend some quiet time with God

### DAY 6

Sit and eat a healthy breakfast until you are full

### DAY 7

Make a list of your positive qualities

### DAY 8

Purchase yourself something you like

### DAY 9

Spend one day not comparing yourself to anyone

### DAY 10

Decide today to be patient with yourself

### DAY 11

Decide to put yourself first

### DAY 12

Let go of any negative self talk

### DAY 13

Start loving yourself by doing something you love again

### DAY 14

Declutter your car/ or room to give yourself space to think

### DAY 15

Enjoy yourself a bubble bath or spa night with a face Mask

### DAY 16

Go to a movie

### DAY 17

Commit to completing one task that you've been dreading

### DAY 18

Decide to do a 30 minute workout

### DAY 19

Buy yourself a bouquet of flowers

### DAY 20

Slow down and just be! Make it a day to push away worry.

### DAY 21

Spend some time with or call a good friend and just laugh.

### DAY 22

Take the time to write affirmations to yourself

### DAY 23

Practice the art of saying, NO.

### DAY 24

Be okay with doing nothing. Give yourself permission to not feel guilty for it.

### DAY 25

Cook yourself a home cook meal. Set the table and enjoy it.

### DAY 26

Accept all the compliments today with a simple, "thank you."

### DAY 27

Re-read your favorite book.

### DAY 28

Have a solo dance party at your house.

### DAY 29

Try something new

### DAY 30

Detach from Social Media for the day.

