

30-day SELF-LOVE CHALLENGE

Day 1

Write out your feelings around self-love.

Day 2

Post a picture that makes you feel pretty.

Day 3

What's something in your life that you need to get rid of?

Day 4

Make yourself a nice, healthy breakfast.

Day 5

How can you set better boundaries in your life?

Day 6

Watch a movie that makes you laugh.

Day 7

What things make you feel happy and alive?

Day 8

Do one of the things that make you feel happy and alive.

Day 9

What's one thing in your life you need to get rid of?

Day 10

Wear your fave outfit, even if staying home.

Day 11

How would you describe yourself in a loving way to a stranger?

Day 12

Take a long bath with your fave essential oil.

Day 13

What would your younger self be proud of you for today?

Day 14

Take a selfie just as you are. Find one thing to love about it.

Day 15

What are you afraid to ask for or speak up about?

Day 16

Go for a walk, hike or have a good sweat sesh.

Day 17

What's your fave personality trait and why?

Day 18

Forgive yourself for a mistake that made you angry.

Day 19

How can you give yourself a break today?

Day 20

Make a new recipe that you've been dying to try.

Day 21

What is the most loving thing you have ever done for yourself?

Day 22

Hydrate! Drink more water and aim for 3 litres today!

Day 23

What things make you feel bad but you do anyway?

Day 24

Put on a soothing face mask and paint your nails.

Day 25

What do you wish someone would say to you? Now, say it to yourself.

Day 26

Go to bed early and sleep in. Everything else can wait.

Day 27

What's one thing you can do today that your future self will thank you for?

Day 28

Identify your top 5 priorities this week. Cancel everything else.

Day 29

What labels (negative or positive) do you assign to yourself?

Day 30

Going forward, how can you commit to loving yourself every day?