

28 DAY Self-Love Challenge

1	2	3	4	5
Make your own affirmation	Journal: What is your biggest struggle with self-love?	What limited beliefs about yourself need to go?	Have a laugh; find something funny today	What do you forgive yourself for?
6	7	8	9	10
Make a list of what makes you happy	What's the most loving thing you've done for you?	How can you give yourself a break today?	Go to bed 30 minutes earlier	What made you smile today?
11	12	13	14	15
Do your guilty pleasure	Make your favorite meal	Look yourself in the mirror and say "I love you"	Play your favorite album	What do you need to say "no" to?
16	17	18	19	20
What do you need to say "yes" to?	Give yourself a compliment today	Make a Hobbie/Artist date with yourself	Find one thing to love about your body	Make a list of what makes you happy
21	22	23	24	25
Make yourself brunch	When did you last indulge yourself?	What's one thing you do better than anyone?	Make a list of your favorite self-care ideas	Buy yourself fresh flowers
26	27	28	#L2SSELFLOVECHALLENGE	
Create a self-love/ feel-good playlist	What was your favorite thing this month?	How do you commit to love yourself daily?		