

30-DAY Self-Love Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Meditate	Wear Your Favorite Shirt	Have a Mini Dance Party 	Drink 2 Liters of Water a Day	Spend Time with Family
Go to Bed 30-Minutes Earlier 	Go On Social Media Detox for a Day	Spend Time Alone	Call Someone You Love 	Eat Food That Makes You Feel Happy
Try a New Exercise Routine	Rest Physically and Mentally	Write 5 Things You are Grateful for 	Stretch for 10-15 Minutes	Ask for Help
Listen & Sing Your Heart Out to Your Favorite Song 	Write a List of Short-Term Goals	Declutter Your Desk or Closet	Catch Up with Your Girlfriends	Take 3 Deep Breaths
Buy Yourself Something Nice	Take a Power Nap	Compliment Someone	Take a Long Shower or Bath 	Have a Home Spa Day
Spend Some Time Outside	Watch a Movie or Series 	Remember a Good Memory	Read a Good Book	Write Down Your Thoughts