Self-Love Challenge

PRACTICE SELF-LOVE SEVEN DIFFERENT WAYS FOR SEVEN DAYS.

1. FIVE DEEP BELLY BREATHS
reduce stress + enhance mood

2. SAY SOMETHING KIND TO YOURSELF
increase happiness

3. REMOVE JUDGEMENT, ASK A QUESTION
take time to understand others + shift negative thoughts to postive

4. GET OUTSIDE
boost energy, creativity + immunity

5. MOVE YOUR BEAUTIFUL BODY
walk, stretch, hiit, yoga, your choice. Appreciate your body and get someone of that free happiness

6. CHAT IT UP WITH A FRIEND
because human connection is good for your well-being and should be part of every health plan

7. FIVE MINUTE JOURNAL SESH
Do the work for a future happy and healthy you

* ☐☐☐☐☐☐☐ Five deep belly breaths
* ☐☐☐☐☐☐☐ Say something kind to yourself
* ☐☐☐☐☐☐☐ Remove judgemnt, ask a question
* ☐☐☐☐☐☐☐ Get outside
* ☐☐☐☐☐☐☐ Move your beautiful body
* ☐☐☐☐☐☐☐ Chat it up with a friend
* ☐☐☐☐☐☐☐ Five minute journal sesh

Self-Love Day One

WHAT IS AN OBSTACLE THAT HAS SUCKED POSITIVE ENERGY FROM YOUR LIFE? HOW CAN YOU MOVE PAST IT?

Self-Love Day Two

WHAT MAKES YOU FEEL CONNECTED TO YOUR INNER SELF?
LIST WAYS TO BRING MORE OF THAT INTO YOUR LIFE.

Self-Love Day Three

WHAT DRIVES UNCERTAINTY OR INSECURITY? WHAT BABY STEPS CAN YOU TAKE TO GET TO A STATE OF CONFIDENCE?

Self-Love Day Four

WHAT FEARS KEEP YOU FROM WHAT YOU WANT TO ACHIEVE?
HOW CAN YOU FACE ONE FEAR THIS WEEK? GO DO IT!

Self-Love Day Five

WRITE DOWN SOMETHING YOU WANT IN THE NEXT YEAR AND DESCRIBE EXACTLY WHAT IT'LL LOOK LIKE. THEN WRITE OUT THE STEPS TO GET THERE.

Self-Love Day Six

FIVE ASPECTS OF YOUR LIFE YOU ARE CRITICAL OF. DECIDE IF THEY ARE A PRIORITY. IF THEY ARE, WRITE HOW YOU WILL CHANGE THEM. IF THEY ARE NOT, CROSS THAT ISH OUT.

Self-Love Day Seven

LIST EVERYTHING YOU LOVE ABOUT YOURSELF. THEN READ IT FIVE TIMES. YOU'RE A FREAKING BADASS. DONT FORGET IT.