

SELF LOVE CHALLENGE

DIRECTIONS: FOR THE NEXT 15-DAYS, CHALLENGE YOURSELF TO COMPLETE ONE BOX EACH DAY. MARK OFF THAT BOX WHEN YOU'VE COMPLETED THE CHALLENGE FOR THE DAY.

1 MAKE A HAPPY LIST. WRITE DOWN ALL THE THINGS THAT MAKE YOU HAPPY RIGHT NOW.	2 PHONE A FRIEND. GIVE YOUR BFF A CALL. IT'S ALWAYS A GOOD TIME TO CATCH UP.	3 TREAT YO SELF. BUY YOURSELF A LITTLE SOMETHING SPECIAL.	4 MEDITATE. TAKE 5 MINUTES IN THE MORNING OR AT NIGHT TO BE STILL AND CLEAR YOUR HEAD. USE AN APP TO HELP.	5 HAVE A DANCE PARTY. MAKE A MIX OF YOUR FAVORITE SONGS BLAST IT AND DANCE AND SING ALONG
6 TAKE A NAP. GET SOME REST AND IF A NAP ISN'T YOUR THING HAVE SOME QUIET TIME.	7 GRATITUDE JOURNAL. WRITE DOWN ALL THE THINGS YOU ARE GRATEFUL FOR IN YOUR LIFE.	8 UNPLUG FOR THE DAY. SPEND THE NEXT 24-HOURS OFF YOUR PHONE AND RELAX.	9 PAMPER YOURSELF TAKE A RELAXING BATH, SCHEDULE A MASSAGE, FACIAL OR NAIL APPOINTMENT TAKE THE DAY TO PAMPER YOURSELF.	10 CLEAR SOME SPACE. TAKE TIME TO DECLUTTER AND ORGANIZE A SPACE IN YOUR HOME.
11 SCHEDULE A SOLO DATE. TAKE YOURSELF OUT TO DINNER OR LUNCH AND ENJOY YOU TIME ALONE.	12 DO SOMETHING YOU LOVE TO DO. TAKE TIME TO DO A CRAFT, HOBBY OR ACTIVITY YOU LOVE TO DO.	13 READ A BOOK. TAKE SOME TIME TO START THAT BOOK YOU'VE BEEN WANTING TO READ.	14 CREATE A VISION BOARD. PUT ALL THOSE BIG DREAMS ON A BOARD AND HANG IT IN YOUR HOME FOR INSPIRATION.	15 MAKE A LIST OF ALL THE THINGS YOU LOVE ABOUT YOURSELF.