



30 Days of Self-Love



Take 5 deep breaths & set intention for the day

Binge watch a "guilty pleasure" show

Listen to a positive, inspiring podcast

Take a virtual vacation

Look in the mirror and compliment yourself

Take a slow mindful walk

Get more sleep - go to bed early or take a nap

Watch a Youtube video that makes you laugh

Take a hot bath and relax

Create a mantra for yourself

Unplug, enjoy a digital detox day

Listen to your favorite songs & make a playlist

Make a list of 5 things that make you awesome

Treat yourself to your favorite food

Watch an uplifting Ted Talk

Get cozy and read in bed

Reflect on 10 things you have gratitude for

Perform a random act of kindness

Do some stretching or practice yoga

Wear your favorite outfit. Rock your style!

Do a 10 minute self-love meditation

Enjoy a SLOW morning. Stay in bed longer!

Enjoy your favorite beverage - Cheers!

Journal about your day

Face an inner "shortcoming" and embrace & forgive it

Make a nourishing breakfast or smoothie

Face-time with friends or loved ones

Do something you love.. dance, cook, sing, color, etc

Light a candle or diffuse essential oils

Learn something new

"Self-care is giving the world the best of you instead of what's left of you"