

# fulfilled february

Show yourself love everyday for 29 days straight

1. Start your tracker any day
2. Perform an act of self-love
3. Record it on your tracker
4. Share with @lovestoresco and get rewarded

complete	act of love	complete	act of love
1		15	
2		16	
3		17	
4		18	
5		19	
6		20	
7		21	
8		22	
9		23	
10		24	
11		25	
12		26	
13		27	
14		28	
		29	

share your acts of love with us @lovestoresco

download or print this tracker at  
<http://lovestores.co/blogs/news/fulfilled-february>

love,

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Self-love ideas:

- walks
- drink water
- creative acts
- body movement
- listening to music
- friend chats
- tea or coffee
- naps
- reading
- anything that you love