

28 DAYS OF *Self Love*

Go for a
long walk

☐ DONE!

Say yes to
brunch with
friends

☐ DONE!

Clean out
your car

☐ DONE!

Curl up with a
good book

☐ DONE!

Say no to an
activity that
drains you

☐ DONE!

Remind yourself
how you make
the world a
better place

☐ DONE!

Think of the
nicest
compliment
you've ever
received

☐ DONE!

Practice
meditation

☐ DONE!

Take a long
shower or
bubble bath

☐ DONE!

Write a letter to
your future self

☐ DONE!

Clean out your
email inbox

☐ DONE!

Call and catch
up with a friend
you haven't
seen in a while

☐ DONE!

Cook or bake
something
from scratch

☐ DONE!

Attend a
morning fitness
class to see
how it affects
your day

☐ DONE!

Listen to a
new podcast
instead of
the radio

☐ DONE!

Go to bed 30
minutes earlier
than normal

☐ DONE!

Wake up a half
hour earlier
than normal

☐ DONE!

Disconnect
from social
media for the
next 24 hours

☐ DONE!

Treat yourself
to a manicure

☐ DONE!

Spend 10
minutes
journaling

☐ DONE!

Write down
10 things that
you love about
yourself

☐ DONE!

Be grateful
to something
that makes you
uniquely you!

☐ DONE!

Spend some
quality time
with family

☐ DONE!

Watch a Ted talk
or something
else that
inspires you

☐ DONE!

Take on a crafty
project that
excites you

☐ DONE!

Unfollow any
social media
accounts that
make you feel
"less than"

☐ DONE!

Say, "thank you"
to a "negative"
experience that
has changed you
for the better

☐ DONE!

Post a list of
positive
affirmations next
to your mirror

☐ DONE!

Self-care is giving the world the *best* of you, instead of what's *left* of you.