

Self-love Monthly Challenge!



WRITE DOWN 5 THINGS YOU'RE GRATEFUL FOR



SET A NEW BOUNDARY*



MAKE A MENU FOR THE WEEK



HAVE A GAMES NIGHT WITH FRIENDS



MOVE FOR AT LEAST 30 MINUTES A DAY



MEDITATE FOR 5 MINUTES DAILY



WRITE DOWN 5 AFFIRMATIONS, REPEAT THEM DAILY*



LISTEN TO A PODCAST*



MAKE A VISION BOARD



CREATE A POSITIVE HABBIT*



WAKE UP AN HOUR EARLY



DISCONNECT FROM YOUR PHONE



CHECK IN WITH YOURSELF 'AM I DOING WHAT I LOVE'



TICK OFF THAT 'TO DO LIST'



DRINK SOME WATER FIRST THING IN THE AM



WRITE DOWN 5 THINGS THAT MAKE YOU HAPPY



DO SOME YOGA



BOOK IN FOR A RELAXING MASSAGE



READ AN INSPIRING BOOK*



SPEND TIME ALONE



TRY SOMETHING NEW



OPEN UP A SAVINGS ACCOUNT



TAKE A BATH AND PUT ON A FACE MASK



START A NEW HOBBY



DECLUTTER YOUR SPACE



SPEND 30 MINUTES OUTSIDE



HAVE A FAMILY DINNER



JOURNAL



TREAT YOURSELF



WRITE DOWN 5 THINGS YOU'RE PASSIONATE ABOUT

Inspiration

INSPIRING BOOKS

- The energy bus * Jon Gordon
- How to do the work *The Holistic Psychologist
- You can heal your life *Louise L, Hay
- Good Vibes, Good Life *Vex King

PODCASTS

- Life Uncut *with Britt & Laura
- Pursuit of Bliss *Kristen Jenna
- Manifestation Babe *Kathrin Zenkina
- Do you F***ing Mind *Alex Fernandez

AFFIRMATIONS

- I AM DESERVING 'I deserve to be respected to set boundaries that serve me.
- I AM MINDFUL 'I will focus on what makes me happy.
(samples from Self Lovin' Affirmation cards)

POSITIVE HABITS

- Plan your week
- Go to bed earlier
- Create a morning routine
- Meal Prep
- Visit family
- Make time for 'YOU' daily

BOUNDARIES

Setting boundaries is a form of self care

- Saying no to a person or activity
- The ability to change your mind
- Leaving a situation that doesn't align with your values

VISION BOARD

- Search google, screenshot photos that align with what you want to manifest
- Get them printed at k-mart
- Make a collage in a photo frame
- Hang it in your room

Get into the habit of asking yourself 'Does this support the life I'm trying to create?'

5 things your grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

5 affirmations that align with you:

- 1.
- 2.
- 3.
- 4.
- 5.

5 things that make you happy;

- 1.
- 2.
- 3.
- 4.
- 5.

5 things that your passionate about:

- 1.
- 2.
- 3.
- 4.
- 5.