TO MORE TO MORE 82 'elf Iove

Practicing self love helps reduce stress and emphasizes positive body image, inspires better physical health, and so much more. To help inspire you, we've created a 28-day challenge focusing directly on self love. Each day, check each of these items off the list — and by the time March comes, carry over your favorites. Self love shouldn't stop at the end — if anything, you should be inspired to practice some of these self love routines all year long.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Take a deep breath once an hour	Stretch and meditate	Journal for 15 minutes	Clean out your closet	Stop procrastinating	Make yourself an amazing dinner	Go on a Iong walk
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Buy yourself some flowers	Do something you love	List all of your accomplishments	Keep a food journal	Drink more water	Start learning a new skill	Have a spa day
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Write a positive note on your mirror	Spend a day off social media	Enjoy your favorite dessert	Sleep in with no alarm	List your short & long term goals	Book a day trip	Say no to something
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Diffuse essential oils	Do something that makes you laugh	Go phoneless for all 3 meals	Organize your workspace	Compliment yourself during the day	Evaluate your morning routine	Write a letter to your future self
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