

28 DAYS TO MORE

# Self Love

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.



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

ME + ME

