

# 30 DAY Self-Love Challenge

Created by @iamthevibrantlife

## Summary

The 30 day Self Love Challenge has been created for women and men who are interested in self love development. During the next 30 days you will be challenged to love, be kind and to be honest with yourself about the person you have become. The goal of the challenge is to reintroduce Self Love and to incorporate this practice into your routine each day. One important practice I want you to follow over the next 30 days is to ensure you prioritize 8 hours a sleep a day and to drink your water.

*Remember – you're worth it and you deserve a life of genuine love for yourself.*

## Instructions

There are two ways to participate in this challenge.

1. Print off the task sheet of the challenge and cut each square into their individual pieces. Place each individual self love task into a jar and pull one each day over the next 30 days.
2. Print off the task sheet. Cross off each task you complete through the month. (*This is for individuals who prefer to plan their weeks out.*)

If for any reason you miss a day – do not stress. You can try to play catchup or just carry on with the challenge where you left it the following day.

Work through it at your own pace if you need. The most important thing is that you're taking consistent action to build your sense of self-love.

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Write 3 Positive affirmations and say them out loud.	Say THANK YOU to five body parts in the mirror today.	List 10 things you LOVE about yourself.
Do something you are really good at? (Dancing, taking photos and more.)	Take a Digital Break	Turn off your phone and take a hot shower or floral bath today
Complete an act of kindness.	Make a list of things you forgive yourself for.	Buy yourself flowers
Journal one of these questions: <ul style="list-style-type: none"> <li>• What activities bring you joy?</li> <li>• When do you feel confident?</li> <li>• What mistakes you've made are you letting go?</li> </ul>	Write out 3 challenges things you completed today	Schedule in 30 minutes of Self- Care
Open a book. Read a chapter	Connect with nature. Get outside today if you can.	List 5 things you are grateful for today.
Write yourself a love note.	Connect with someone you love. Tell them you love them.	Declutter one thing

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Stretch for 10 minutes before bed tonight.	Identify any past mistakes and forgive yourself. Write out how you've grown since that time.	Write a list of all the things you're proud of – about yourself, about your life .
Do one thing today that you really enjoy.	Research and reach out to a therapist to book your first appointment. If you have a therapist then book your next appointment.	Enjoy lunch or dinner by yourself today.
Try a new healthy recipe	Treat yourself today. Spa Day? Cheat meal. Whatever you want.	Name something in your life that you need to get rid of.
Take some time to get to know yourself better. Use the questions below:	Give yourself a break today.	Write down what you love about your body and your personality.

## **Questions to get to know yourself better:**

- What are your short term/long term goals? List 3 and identify why they are important to you.
- What are your insecurities? And where did these stem from?
- How about any gifts or talents that you have, that you typically hide from yourself or others?
- What are your values? What do you believe in?
- What do you think is the scariest thing about love? And do you find it scary?
- How do you express love? And what makes you feel loved?