

7 Day Self-Love Challenge

Day One

These are the 6 things I love most about myself

1.

2.

3.

4.

5.

6.

Checklist



Read 10 minutes



Healthy meal



Water

Reminders & Notes

“Loving yourself isn’t vanity, it’s sanity.” -Andre Gide



7 Day Self-Love Challenge

Day Two

These are the 3 things I am going to do today to take better care of myself

- 1.
- 2.
- 3.

Checklist



Read 10 minutes



Healthy meal



Water

Reminders & Notes

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve others from the overflow.” -Eleanor Brown



7 Day Self-Love Challenge

Day Three

Here is 1 compliment I have recently received

Here is one compliment I have recently given

Checklist



Read 10 minutes



Healthy meal



Water

Reminders & Notes

"A flower does not think of competing with the flower next to it, it just blooms." -Zen Shin



7 Day Self-Love Challenge

Day Four

I want to say no to

but I have a hard time because

Checklist



Read 10 minutes



Healthy meal



Water

Reminders & Notes

“Inner peace begins the moment you choose not to allow another person or event to control your emotions.” -Pema Chodron



7 Day Self-Love Challenge

Day Five

If I could go back in time

I would tell my younger self

- 1.
- 2.
- 3.

Checklist



Read 10 minutes



Healthy meal



Water

Reminders & Notes

“Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind.” Romans 12:2



7 Day Self-Love Challenge

Day Six

Today, I am ready to let go of

Checklist



Read 10 minutes



Healthy meal



Water

Reminders & Notes

"Surrender to what is. Let go of what was. Have faith in what will be." -Sonia Ricotti



7 Day Self-Love Challenge

Day Seven

I am so grateful for

because

Checklist



Read 10 minutes



Healthy meal



Water

Reminders & Notes

“In order to love who you are, you cannot hate the experiences that shaped you.” -

Andrea Dykstra