

30-day self-love challenge



Practice positive affirmations	Start a journal	Have a relaxing bath	Develop a gratitude list	Cook your favourite meal	Do something creative
Exercise like you mean it!	List 10 things you love about yourself	Brighten up your space	Plan your goals	Read a book	Get a good sleep
Appreciate nature	Treat yourself	Address your bad habits	Meditate	Create a 'feel good' plan	Plan a day out
Do something nice for someone else	Positive self-talk in the mirror	Indulge in your favourite movie	Utilise your skills and talents	Treat yourself to a spa day	Take time off social media
Plan your self-improvement	Go for a run	Show gratitude to someone else	Dance to your favourite song	Dress up	Reflection