

30-DAY Self-Love Challenge



Day 1: Give yourself Grace

Give yourself grace. If you mess up, allow yourself to move forward. We will all make mistakes. Part of being a human being means we fail. That's okay. You deserve grace!

Day 2: Allow all Emotions

All feelings and emotions you have are valid. Feel them, don't shove them down and block them. Allow yourself to feel everything during the day.

Day 3: Affirmations

Create some mantras to help you love yourself more. Here are some examples: I love who I am, I am a great mom, I am strong and beautiful. Make them personal to you!

Day 4: Meditate

Take time to breathe and meditate. You can do a guided meditation or deep breathe for a few minutes. See how long you can go!



Day 5: Turn off Phone

Today, try to turn off your phone and go without it. Our phones distract us and can make us compare ourselves with our friends, which is never a good feeling.

Day 6: Exercise

Get a nice workout going today. Even if you just walk outside for a few minutes, get up and get your body moving. You will feel so proud of yourself when you finish!

Day 7: Say No

So often we do not say no to things we don't want to do. It burdens us and creates more problems. Today, say no to at least one thing you truly do not want to do!

Day 8: Stop Judging

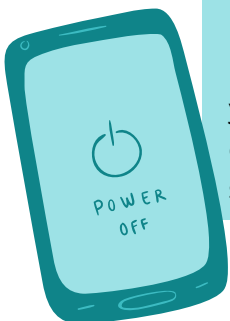
We are the hardest on ourselves. Do not judge yourself for anything you've done in the past or today. Be kind to yourself all day long. If you catch yourself slip, it's okay, just try again!

Day 9: Allow Tears

Most people hate crying because it makes them vulnerable. But crying is very therapeutic and just what you need to unload all your emotions. Cry it out today with no shame!

Day 10: Prioritize Yourself

How often do you put yourself first? As a mom, it seems impossible, but choose at least just one thing you love to prioritize over something else.



I am amazing

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Day 11: Rewrite Thoughts

Negative thoughts about ourselves are usually built deep in our brains throughout the years. Today, when you think poorly of yourself, rewrite that thought into a positive one.

Day 12: Celebrate Yourself

You are amazing in every way possible. Today is all about celebrating you. What did you do today that made you proud of yourself? Go out and celebrate!



Day 13: Gratitude

We are usually grateful for things other than ourselves. But we need to find things we are thankful for about ourselves! List a few traits about you that you wouldn't want to live without.

Day 14: Unfollow Toxicity

There are toxic pages and people on social media who bring us down and make us compare ourselves. Sort through the list of people you follow and unfollow any that harm you.

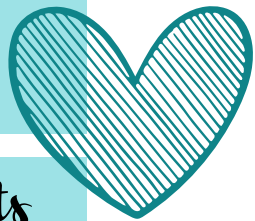


Day 15: Mirror Talk

Look yourself in the mirror and repeat the affirmations you created a few days ago. Try to say it out loud if possible. Look in your eyes and truly believe what you are telling yourself!

Day 16: Accept Yourself

You are worthy of love and acceptance. Accept yourself in all your forms, and with all your mistakes. This is one of the first steps to truly loving yourself.



Day 17: Make Mistakes

We will all make mistakes, every single day. It is all about moving forward from these mistakes. Take time to embrace and enjoy your mistakes today. Laugh it off and begin again!

Day 18: Use Your Talents

The more you use your talents, the more good qualities you will see in yourself! Work on any talent you have or want to have today.

Day 19: Honor Your Past

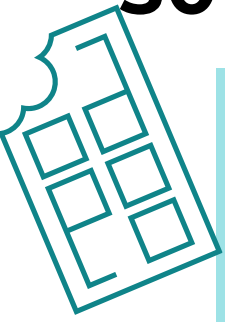
Your past, no matter how traumatic or good is a part of you. You wouldn't be who you are without it. Try to honor your past instead of fight it.

Day 20: Self-Care

Give yourself some alone time today and do something you really enjoy. This could be a day at the spa, working out, meditating, or anything else. It's all about you!



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Day 21: Rest

We all deserve rest, especially moms. Today, put down your to-do list to rest and relax. You can sit and do nothing, watch tv, or whatever you like.

Day 22: Set Boundaries

We all need boundaries to protect ourselves. This could be from people or things that will harm us. Set a new boundary today. It may not be easy but it will work out in the end.

Day 23: Favorite Treat

Reward yourself with your favorite treat today. Are you craving a chocolate bar, dole whip ice cream, or frozen yogurt? You deserve to eat something delicious today!

Day 24: Dress Up

Give yourself a makeover. Put on clothes that make you feel good about yourself. Dress up and go nowhere. This is just for yourself.

Love
YOURSELF
more

Day 25: Listen to Body

Listen to your body today. Don't eat food your stomach isn't feeling. Don't hold in your pee too long. Take care of your emotions. Don't do anything you don't want to today.

Day 26: Give Compliments

We always compliment others, but do you compliment yourself? Give it a try today! What do you love about yourself? Did you do anything today that you would compliment a friend if they did?

Day 27: See the Rainbow

There will be rainy, hard days. But, just like any storm, there is always a rainbow at the end. Look for the good that came from the challenges you had to face recently.

Day 28: Nurture Weakness

We all have weaknesses. Today, let's turn one into a strength! Say you have a weakness of baking. Try to bake some cookies today and see how well you do!

Day 29: Forgive Yourself

By now, you should be loving yourself more. One of the biggest things that gets in our way is that we don't forgive ourselves for the bad we have done. Today, try to forgive yourself of one little thing!

Day 30: Love Yourself

Today, love yourself! Completely and entirely, flaws and all. By doing this challenge, can you feel the love more than before? Keep working through these things until you do!



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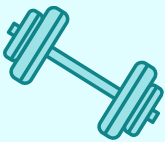
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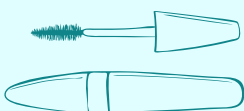
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Day 18: Use talent

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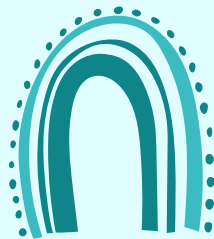
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I'm [♥]Body
Positive



be
yourself