

Self-Love Challenge Guide

Day 1: Self-Love starts with becoming aware of our feelings and thoughts. Our thoughts create our feelings. If you are feeling sad or anxious, what thoughts are you carrying? **Throughout the day today, notice your thoughts**

Day 2: Be sure to speak to yourself the way you would anybody you love. Give yourself encouragement and notice how you feel. Your Inner Child is listening. **Throughout the day, pause and give yourself words of affirmation.**

Day 3: Loving ourselves means that we take care of ourselves the way we would anyone else we love. Prepare yourself a healthy meal or move your body in a way that feels good. **Today, take loving care of yourself.**

Day 4: How often do you give up your power by saying "yes" when you would rather say "no". When we disregard our own needs for another, we weaken our resolve and boundaries over time. **Today practice saying NO**

Day 5: Loving ourself means taking time to listen, to be in silence and hear our hearts. When we are always busy we lose touch with the stillness inside of us that is the source of all joy. **Today, take time to be still.**

Day 6: Physical touch is a vital part of experiencing love. It is a human need. Asking a loved one for a back rub, splurging on a massage, or taking extra time to put on lotion is healing. **Today take time to experience physical touch.**

Day 7: The most important factor in learning to love ourselves is self-compassion. We all make mistakes, we all have regrets. **Today, instead of being hard on yourself, bring compassion to yourself.** You are doing the best you can.

Rinse and Repeat

Learning to love ourselves requires daily commitment. Over time, you will be astonished by how much your quality of life will improve.

