



SELF LOVE

@seekforselflove

to Spring



Day 1

Write 3 things you love about yourself

Day 2

Post sticky notes around your house of affirmations

Day 3

Write out one quality that makes you unique

Day 4

Take a hot bath



Day 5

Eat clean today!

Day 6

Write a love letter to yourself

Day 7

Forgive yourself for mistakes you've made

Day 8

Dress up today in your favorite outfit

Day 9

Take time to do yoga or meditation today

Day 10

Write down the biggest challenge you've faced

Day 11

Make an "I'm proud of myself because" list

Day 12

Unfollow people who make you feel badly

Day 13

Forgive yourself for mistakes you've made

Day 14

Go on a nature walk



Day 15

Make a "feel good" playlist

Day 16

Forgive yourself for mistakes you've made

Day 17

Be overly positive

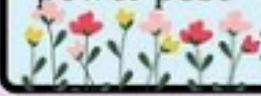


Day 18

Say "I am confident and powerful 10 times today

Day 19

Practice a power pose



Day 20

Happy Spring!
Set a goal to achieve before summer!