

7 DAY SELF LOVE CHALLENGE - MEDIUM



Instructions: Print at 100%. Cut along dotted lines.

7 DAY SELF LOVE CHALLENGE

Circle your "why" for this self love challenge below. (Choose as many as you'd like or write your own!)

- To reset and start over
- To give myself grace in the face of challenges
- To embrace positivity
- To reflect on ways that I'm growing
- _____

DAY 1 <input type="checkbox"/>	DAY 2 <input type="checkbox"/>	DAY 3 <input type="checkbox"/>	DAY 4 <input type="checkbox"/>	DAY 5 <input type="checkbox"/>	DAY 6 <input type="checkbox"/>	DAY 7 <input type="checkbox"/>
LOVING YOURSELF List 5 things you love about yourself.	LETTING OTHERS LOVE YOU What have other people done for you that made you feel loved?	CARING FOR YOURSELF Name 3 of your favorite ways to take care of yourself.	RELEASING BURDENS Has there been something you've been too hard on yourself for? What would you need to do to let this burden go?	AFFIRMING YOURSELF How do you want to speak to yourself? Write an affirmation and recite it out loud in front of a mirror.	CELEBRATING YOUR JOURNEY What have you overcome to be who you are today? Describe a time you've made yourself proud.	LOVING YOURSELF EVEN MORE Go back to your list from Day 1. Add 5 more things you love about yourself.

How will you practice self love in the weeks that follow this challenge?

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