

# 30-Day Self-Love Challenge

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Go on a Leisurely Walk Alone</b>	<b>Declutter 10 Items</b>	<b>Create a Vision Board</b>	<b>Be Good to Someone You Love</b>	<b>Start a New Inspiring Book</b>
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
<b>Get a Massage</b>	<b>Detox From Social Media</b>	<b>Do a Random Act of Kindness</b>	<b>Hydrate with 8 glasses of water</b>	<b>Commit to a Day of Eating Healthy</b>
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
<b>Try Something New</b>	<b>Find a Quiet Spot and Read</b>	<b>Get an Extra Hour of Sleep</b>	<b>Create a Fitness Goal</b>	<b>Meditate for 10 Minutes</b>
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
<b>Create a Morning Routine</b>	<b>Unplug for 12 hours</b>	<b>Do something spontaneous</b>	<b>Skip the Added Sugar</b>	<b>Write 3 Intentions for Yourself</b>
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
<b>Create a Bedtime Routine</b>	<b>Start Your Day With Gratitude</b>	<b>Identify Three Stressors</b>	<b>Send a "Thank You" Note</b>	<b>Engage in Self-Reflection</b>
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
<b>Take a personal day</b>	<b>Call a friend</b>	<b>Give Yourself a Daily Facial</b>	<b>Watch sunset or sunrise</b>	<b>Make a Wish</b>