

28 Days of Self Love

Day 1

What is your biggest struggle with loving yourself?

Day 2

Get rid of a limiting belief that you have about yourself and your abilities.

Day 3

What good habit do you want to begin this month?

Day 4

WHAT IS A COMPLIMENT THAT YOU STRUGGLE TO ACCEPT ABOUT YOURSELF?

Day 5

What is something you need to start saying "yes" to?

Day 6

WHAT DO YOU NEED TO FORGIVE YOURSELF FOR?

Day 7

Name a thing you love about your body and your personality.

Day 8

Where in your life do you need to slow down and take your time?

Day 9

WHAT'S SOMETHING IN YOUR LIFE THAT YOU NEED TO GET RID OF?

Day 10

How can you set better boundaries in your life?

Day 11

How would you describe yourself to a stranger, in a loving way?

Day 12

WHAT THINGS MAKE YOU FEEL HAPPY TO BE ALIVE?

Day 13

What would your younger self be proud of you for today?

Day 14

WHAT ARE YOU AFRAID TO ASK FOR? WHAT DO YOU NEED TO SPEAK UP ABOUT?

Day 15

What is the most loving thing you've ever done for yourself?

Day 16

WHEN WAS THE LAST TIME YOU INDULGED YOURSELF AND HOW?

Day 17

WHAT'S ONE CHANGE YOU CAN MAKE TO INCREASE YOUR HAPPINESS?

Day 18

HOW ARE YOU MAKING THE WORLD A BETTER PLACE?

Day 19

How can you give yourself a break today (mentally, physically, emotionally)?

Day 20

What's something that you're working on believing you deserve?

Day 21

What things make you feel bad, but you find yourself doing them anyway?

Day 22

What does your support system look like? How can you make it stronger?

Day 23

WHAT'S SOMETHING YOU WISH SOMEONE WOULD SAY TO YOU?

Day 24

What things are you really good at?

Day 25

What's one choice you can make right now that your future self will thank you for?

Day 26

Who are your role models and what qualities do you share with them?

Day 27

WHAT WORDS OR BELIEFS DO YOU WANT TO LIVE YOUR LIFE BY?

Day 28

GOING FORWARD, HOW CAN YOU COMMIT TO LOVING YOURSELF EVERY DAY?

