



FEBRUARY

Self-Love Challenge

Love is in the air this month, but with all the special people in your life it's also important to remember to love yourself! Self-love promotes a healthy and positive self image that so many of us are lacking.

TAKE THIS CHALLENGE AND NOTICE THE POSITIVE CHANGES
THAT START OCCURRING IN YOUR LIFE.

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1. Write about yourself - include physical characteristics. I DID IT!

 2. Write about one physical feature that you love about yourself and why. I DID IT!

 3. Write about one personality trait that you love about yourself and why. I DID IT!

 4. Write down one thing that you need to forgive yourself for - and then forgive yourself. I DID IT!

 5. Write 3 positive words that you believe your closest friends would use to describe you. I DID IT!

 6. Write about one thing that you feel you are really good at and why. I DID IT!

 7. Write about what makes you truly happy. I DID IT!

 8. Write about someone that motivates or inspires you. I DID IT!

 9. Write down a quote that motivates or inspires you. I DID IT!

 10. Write down one unhealthy thing that you do and cross it out with a big X. I DID IT!

 11. Write about the place you would go right now, if you could go anywhere in the world. I DID IT!

12. Think of a picture of yourself that you love. Why did you choose it? I DID IT!

13. Copy a short poem that has meaning to you in your journal. I DID IT!
14. Go to bed at least one hour early. The next morning, write about how you feel. I DID IT!

15. Draw something. Get out the crayons and spend 15+ minutes drawing anything you want! I DID IT!
16. Write a note to yourself that explains why you are fabulous! Promise to read it in 5 years. I DID IT!
17. Exercise today. Write about how you felt before, during and after the workout. I DID IT!

18. Write down the name of one person you need to forgive and why - then forgive them. I DID IT!

19. Write down a positive memory from the past year that made you feel good. I DID IT!

20. Spend 15 minutes in silence focusing on one positive attribute of yourself. Write about it! I DID IT!

21. Write "I Love You" 10 times. Feel free to decorate the page around the words. I DID IT!
22. Write down one thing you want to accomplish and how you are going to make it happen. I DID IT!

23. Write a thank you note to someone you are thankful for. Make a copy and send it! I DID IT!
24. Write down a hobby that makes you happy. Schedule a time to do it this month. I DID IT!

25. Tape/glue a picture of something or someone that makes you feel good about yourself. I DID IT!
26. Write about one thing that makes you unique and different from everyone else. I DID IT!

27. Write this down: "Dear _____: You are beautiful. You are courageous. You are unique. You are amazing. You are worth it." I DID IT!

28. Write about how this Self-Love Challenge made you feel and how you have changed. I DID IT!



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