

# 30 Day Self Love Challenge

- Day 1: 5 Minutes of Mindfulness
- Day 2: Protect your Bedroom
- Day 3: Enjoy a Sunrise/Sunset Moment
- Day 4: Indulge in a Treat
- Day 5: Pick the Music
- Day 6: Write Long Term Affirmations
- Day 7: Schedule a Self Love Activity
- Day 8: Laugh
- Day 9: Forgive Yourself
- Day 10: Mid-day Reset
- Day 11: Self-love List
- Day 12: Involve Others in the Home
- Day 13: Read a book
- Day 14: Buy Flowers
- Day 15: Get your Blood Flowing
- Day 16: Eat Your Veggies
- Day 17: Pay it Forward
- Day 18: Social Media Detox
- Day 19: New Activity
- Day 20: Journal/Brain Dump
- Day 21: Intentional Time with Loved Ones
- Day 22: Drop a Bad Habit
- Day 23: Develop a New Good Habit
- Day 24: Learn to say "No"
- Day 25: Celebrate your Achievements
- Day 26: Try a new Dish
- Day 27: Adult Coloring
- Day 28: Forgiveness
- Day 29: Declutter at Home
- Day 30: Celebrate Confidence Today

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