

love your self **T E M B E R**

a challenge

Instructions: 1. Choose a different challenge each day to accomplish. (Or add your own at the bottom.) 2. Try to drink plenty of water, get as much sleep as possible, make healthy eating choices, and pray or meditate daily. 3. Share on social using the hashtag #loveyourselftember!

Say / List:

- Positive things about your body/looks
- Your weaknesses as strengths
- Things that make you feel more like you
- Kind things others say about you
- Mantras that empower you
- Things you are grateful for
- Your favorites
- Memories that make you smile
- Things you love about your current season of life
- Dreams you want to pursue

Believe (find scriptures or quotes about):

- You're good enough
- You're lovable
- You're special
- You're valuable
- You're loved
- You make a difference
- You have a purpose
- You can

Beautify your world:

- Do a random act of kindness
 - Volunteer
 - Pay it forward - buy a coffee or lunch for someone you don't know
 - Decorate something at home a new way
 - Share a selfie & your story on social media
 - Buy yourself flowers
 - Wear something that makes you confident
 - Remove something negative or painful from your life
 - Make an art project
 - Donate to a charity or fundraiser
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Refresh your soul:

- Take yourself on a coffee/tea/etc date
- Take a walk
- Create a playlist of songs you love
- Do something kind for someone else
- Take a day off of social media, and celebrate your life just as it is
- Enjoy a favorite hobby or try a new one
- Indulge in something that is good for you physically- a massage, a workout, a hot bath, a pedicure, a facial, etc
- Do something spontaneous, like a dance party or unexpected drive

Nurture your relationships with others:

- Write someone a card
- Call an old friend
- Send or bring someone a treat
- Make it a point to compliment others all day
- Give someone a public shoutout
- Set up girl time with one or a few friends
- Have a conversation with someone you don't know or don't know well
- Have someone over for dinner
- Share something that is difficult to say with a friend

Clear out:

- A closet
- Your email list
- A bookshelf
- Paper piles
- The kids' room/s
- Your pantry
- A junk drawer
- Your car
- Your fridge
- Bathroom/s
- Your brain - make a list