

28 day self love challenge - February 2019

#28daysselflovechallenge

1 List 5 things you love about yourself	2 Try meditation	3 Enjoy your favourite food	4 Compliment someone	5 List 5 things you want to achieve in life	6 List 5 things you love about your body	7 Do your nails
8 Listen to your favourite song	9 Create a vision board	10 Take a relaxing bath or face wash	11 List 5 things you are grateful for	12 Take a nap	13 Change your phone screen to something inspirational	14 Self love date
15 Write a letter to your past self	16 Gratitude body scan	17 Tackle something on your to-do list	18 Get outside	19 Pamper night	20 Do your make up	21 Write, keep writing
22 Take a selfie	23 Favourite scent	24 Move your body	25 Get dressed	26 Take a photo of something that makes you happy	27 Massage	28 Write a love letter to yourself