

28 DAY Self-Love Challenge

Make a "Self-Love Jar" by writing positive affirmations on paper & placing them in a jar

Doodle or paint a "self-love symbol" that represents how you want to feel about yourself

Stand in front of a mirror, look into your eyes, and say three kind things to yourself

Take a deep breath and exhale any self-doubt. Repeat: "I am worthy just as I am."

Write a love letter to yourself—what do you appreciate most about who you are?

Make a playlist of songs that make you feel confident and happy

Spend 15 minutes today doing something you enjoy just for fun

Write a letter of forgiveness to yourself for any past mistakes

Make a "No" list—things you no longer accept in your life (toxic relationships, negative self-talk)

Write about a challenge you've overcome and what it taught you about yourself

Take a "Self-Love Walk"—breathe deeply, and think of things you love about yourself

Make a vision board (digital or paper) of the kind of self-love you want to develop

Let loose and dance around the room like no one is watching!

Write an empowering "I AM" statement (e.g., "I am strong, loved, and capable")

Treat yourself to something small that brings joy—(a coffee, flowers, or cozy socks)

Journal about what things in life make you feel truly alive and fulfilled

Take yourself on a solo date—coffee shop, bookstore, nature walk—whatever feels good

Give yourself a warm hug or place your hand on your heart and say, "I am enough."

Make a list of empowering beliefs you can use to boost your self-esteem

Reflect on how far you've come—write a letter to your younger self

Give yourself permission to rest today—nap, read, or do something soothing

Write or think about a moment when you felt truly proud of yourself

Write yourself a note of encouragement to yourself as if you were comforting a dear friend

Do a five-minute body gratitude practice—thank your body for all it does

Journal about or think of 10 things you love about your personality

Write down 3 self-criticisms you often have. Reframe them into kind, supportive statements

Celebrate YOU! Do something that makes you feel cared for & special

Reflect on your progress over the 28 days. How do you feel about yourself?