

28 Days of Self-Love Challenge

	<p>1 Get rid of a limiting belief that you have about yourself or your abilities</p>	<p>2 WHAT GOOD HABIT DO YOU WANT TO BEGIN THIS MONTH?</p>	<p>3 What is a compliment that you struggle to accept about yourself?</p>	<p>4 What is something you need to start saying 'yes' to?</p>	<p>5 What do you need to forgive yourself for?</p>	<p>6 Name a thing you love about your body and your personality.</p>
<p>7 Where in your life do you need to slow down and take your time?</p>	<p>8 What is something in your life that you need to get rid of?</p>	<p>9 How can you set better boundaries in your life?</p>	<p>10 How would you describe yourself in a loving way to a stranger?</p>	<p>11 What things make you feel happy to be alive?</p>	<p>12 Take a selfie just as you are. Find one thing to love about it.</p>	<p>13 What would your younger self be proud of you for today?</p>
<p>14 What are you afraid to ask for? What do you need to speak up about?</p>	<p>15 What is the most loving thing you have ever done for yourself?</p>	<p>16 When was the last time you indulged yourself and how?</p>	<p>17 What is one change you can make to increase your happiness?</p>	<p>18 How are you making the world a better place?</p>	<p>19 How can you give yourself a break today?</p>	<p>20 What is something you are working on believing that you deserve?</p>
<p>21 What things make you feel bad, but you find yourself doing them anyway?</p>	<p>22 What does your support system look like? How can you make it stronger?</p>	<p>23 What is something you wish someone would say to you?</p>	<p>24 What things are you really good at?</p>	<p>25 What labels negative and positive do you assign yourself</p>	<p>26 What is one choice you can make right now that your future self will thank you for?</p>	<p>27 What words or beliefs do you live your life by?</p>
<p>28 How can you commit to loving yourself every day?</p>	<p>Each day, focus on the prompt and answer on the back of this sheet or a journal. Give yourself 1 point for each day you participate.</p>					

