

# love yourself



DAY	CHALLENGE	COMPLETED
01	Write "I Love You" 10 times.	♥ I DID IT!
02	Write down 5 things you are proud of.	♥ I DID IT!
03	Exercise today. Write about how you felt before, during and after the workout.	♥ I DID IT!
04	Write about one personality trait that you love about yourself and why.	♥ I DID IT!
05	Identify at least one person that supports you. How does this person build you up?	♥ I DID IT!
06	White down a quote that motivates or inspires you.	♥ I DID IT!
07	Write about one thing that you feel you are really good at and why.	♥ I DID IT!
08	Write about the place you would go right now, if you could go anywhere.	♥ I DID IT!
09	Write down one thing you need to forgive yourself for.	♥ I DID IT!
10	Write down one unhealthy thing that you do and cross it out with a big X.	♥ I DID IT!
11	Go on a short walk outside.	♥ I DID IT!
12	Write about what makes you truly happy.	♥ I DID IT!
13	Write down a healthy goal for today and achieve it.	♥ I DID IT!
14	Write a short poem that has meaning to you.	♥ I DID IT!
15	Take a selfie on your phone.	♥ I DID IT!
16	Write about someone that motivates or inspires you.	♥ I DID IT!
17	Spend 5 minutes stretching.	♥ I DID IT!
18	Write down one thing you want to accomplish and how you can make it happen.	♥ I DID IT!
19	Do something you enjoy today.	♥ I DID IT!
20	Write down a positive memory from the past year that makes you feel good.	♥ I DID IT!
21	Spend 5 minutes drawing something with pencil, pen, marker, etc.	♥ I DID IT!
22	Write an inspirational note on a sticky note.	♥ I DID IT!
23	Watch something that makes you laugh.	♥ I DID IT!
24	Write down a hobby that makes you happy and why.	♥ I DID IT!
25	Make someone laugh today.	♥ I DID IT!
26	Write about one thing that makes you unique from everyone else.	♥ I DID IT!
27	Wear your favorite outfit today.	♥ I DID IT!
28	Write 3 positive words that you believe your closest friends would use to describe you.	♥ I DID IT!
29	Write down the name of one person you need to forgive and why.	♥ I DID IT!

Color in the hearts as you complete them. Turn in at the end of the month to be entered into a drawing and received 25 wellness points!