

# 7 DAY SELF LOVE CHALLENGE - LARGE



Instructions: Print at 100%. Cut along dotted lines.

## 7 DAY SELF LOVE CHALLENGE

Circle your "why" for this self love challenge below. (Choose as many as you'd like or write your own!)

- To reset and start over
- To embrace positivity
- To give myself grace in the face of challenges
- To reflect on ways that I'm growing

| DAY 1 <input type="checkbox"/>  | DAY 2 <input type="checkbox"/>   | DAY 3 <input type="checkbox"/>  | DAY 4 <input type="checkbox"/>   | DAY 5 <input type="checkbox"/>  | DAY 6 <input type="checkbox"/>  | DAY 7 <input type="checkbox"/>   |
|---|--|---|--|---|---|--|
| <p><b>LOVING YOURSELF</b></p> <p>List 5 things you love about yourself.</p> | <p><b>LETTING OTHERS LOVE YOU</b></p> <p>What have other people done for you that made you feel loved?</p> | <p><b>CARING FOR YOURSELF</b></p> <p>Name 3 of your favorite ways to take care of yourself.</p> | <p><b>RELEASING BURDENS</b></p> <p>Has there been something you've been too hard on yourself for? What would you need to do to let this burden go?</p> | <p><b>AFFIRMING YOURSELF</b></p> <p>How do you want to speak to yourself? Write an affirmation and recite it out loud in front of a mirror.</p> | <p><b>CELEBRATING YOUR JOURNEY</b></p> <p>What have you overcome to be who you are today? Describe a time you've made yourself proud.</p> | <p><b>LOVING YOURSELF EVEN MORE</b></p> <p>Go back to your list from Day 1. Add 5 more things you love about yourself.</p> |

How will you practice self love in the weeks that follow this challenge?

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