

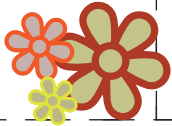
# 31 DAYS OF SELF LOVE CHALLENGE

So, what do you need to do?

It's super easy. Just print and cut out all the 31 boxes and put them in a container. Then each day pick a new challenge! Have fun, and share with your friends!

**Learn how to fold an origami flower**

Find a tutorial on YouTube!



**Hug yourself and say 5 things that you love about yourself**



**Do something creative**

The options are endless! You could try painting, creative writing, card making, knitting, cooking! Don't limit yourself...



**Clean your house/room**

Take control of your environment and create a more relaxing space...

Get more patience, less stress, better reactions, more efficiency, and overall better health!

**Take a 20 minute nap**



**Read or listen to 1 chapter of a book**

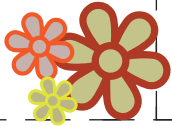


**Write yourself a letter for 6 months ahead**

Don't forget to set a reminder to read it in 6 months!

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**Lie down and listen to calming music for 15 minutes**



**Do 10 minutes of exercise**

**Meditate for 10 minutes**

If this is new to you, find a tutorial to follow along to.

**Write a note to someone you love**

and leave it somewhere for them to find later

**Sit in or with nature for 30mins**



**Learn how to say hello, thank you, and please in 5 new languages**

**Organise a games night with friends & family**

**Dance to your favourite song**



**Practice breathing from your diaphragm**

Inhale for 4, hold for 5, breathe out for 8. Do this 10 times

Go out and take a photo of something that you have never seen before and find beautiful

**Take a picture!**



**Find 10 things to donate**

**Write 10 things you're good at or that you are proud of**



**Find 10 of your favourite photos**

Print them out, and put them somewhere visible

**Cook or go out for your favourite meal**

Maybe even try a restaurant or a different recipe!

**Smile and say hi to someone you don't know**



**Book tickets to an event that you really want to go to**

Even if it scares you!

**Try out a new class**

It might be exercise, art, a workshop. Anything you like!

**Take a selfie**

and point out at least one thing you love about it

**Watch your favourite movie**



**Drink at least 2 litres of water today**

Water cleanses toxins from your body, gives you energy and helps with fatigue!

**Go to sleep an hour early**

An extra hour of sleep provides the ultimate mood boost!

**Call and talk to someone who makes you happy**



**Listen to a new podcast**

Ask your friends for recommendations!

**Buy yourself flowers**

