



## 30 Day Self-Love Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Write a love letter to yourself	Practice saying an affirmation	Look in the mirror and give yourself a compliment	Reach out to a long-last friend	Practice being mindful	Listen to your Power to Women Playlist	Re-read and reflect on your letters
Practice the Wonder Woman Pose	Focus and repeat this mantra of the day: "I am worthy of love"	Write on your mirror that you are beautiful	Read about your favorite heroine	Think about what makes you special	Light your favorite candle and do a meditation	Name five things that you love about yourself
Try saying "No" once today	Reflect on your values and purpose	Pick a visualization activity and practice it	Take a break and rest today	Take a bubble bath or hot shower	Set a boundary with someone	Make a decision by thinking of what you want first
Ask for help once today	Move your body and appreciate it with loving thoughts	Pick a self-soothing activity and practice it	Find a more helpful thought today	Say kind words about body parts you dislike	Say something kind to yourself	Practice self-compassion by thinking how others are like you