A 30-DAY CHALLENGE

Self-Love *Challenge*

Thirty small, kind things to do for yourself, one day at a time.
Check them off, write it down, and notice how it feels.

BEFORE YOU BEGIN

How it works

one small act of love a day

One a day

Do each day's challenge, in order or whatever order you need.

Write it down

Use the journal page for each day to reflect on how it felt.

Check it off

Fill in the circle on the tracker when you've done it.

Miss a day? Pick it back up tomorrow. This isn't about doing it perfectly.

MY INTENTION FOR THESE 30 DAYS

Self-love is a daily choice. You deserve this kind of love, always.

YOUR TRACKER

30 Days of Self-Love

fill in a circle each day

◯	Day 1	Write Yourself a Love Letter	◯	Day 16	Reflect on Growth
◯	Day 2	Mirror Pep Talk	◯	Day 17	Forgive Yourself
◯	Day 3	Wear the Damn Outfit	◯	Day 18	Surround Yourself with Self-Love
◯	Day 4	Move Your Body for Joy	◯	Day 19	Let Go of “Should”
◯	Day 5	Celebrate Your ‘Flaws’	◯	Day 20	Reconnect with Your Younger Self
◯	Day 6	Take Yourself on a Solo Date	◯	Day 21	Romanticize Your Life
◯	Day 7	Set a Loving Boundary	◯	Day 22	Speak Kindly to Yourself All Day
◯	Day 8	Compliment Yourself Like a Friend Would	◯	Day 23	Find Joy in the Present
◯	Day 9	Unfollow & Mute	◯	Day 24	Create a Self-Love Playlist
◯	Day 10	Gratitude for Your Body	◯	Day 25	Give Yourself a Break
◯	Day 11	Do Something Just for You	◯	Day 26	Make a List of What You Love About Yourself
◯	Day 12	Affirmation Check-In	◯	Day 27	Let Yourself Be Seen
◯	Day 13	Rewrite a Self-Critical Thought	◯	Day 28	Write Your Future Self a Love Note
◯	Day 14	Indulge Without Guilt	◯	Day 29	Create a Self-Love Ritual
◯	Day 15	Embrace Your Natural Beauty	◯	Day 30	Commit to Loving Yourself, Every Damn Day

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DAY 1 OF 30

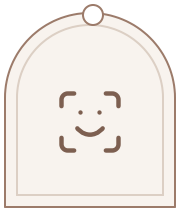
Write Yourself a Love Letter

> *Tell yourself all the things you wish someone would say to you. Be kind, be real, and remind yourself why you're incredible.*

○ I DID IT

DATE _____

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DAY 2 OF 30

Mirror Pep Talk

> *Stand in front of the mirror, look yourself in the eyes, and say three things you love about yourself, inside and out.*

○ I DID IT

DATE _____

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DAY 3 OF 30

Wear the Damn Outfit

> *Pick something from your closet that you've been "waiting" to wear and put it on today, just because you can.*

○ I DID IT

DATE _____

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DAY 4 OF 30

Move Your Body for Joy

> *Dance in your kitchen, take a long walk, do some stretches. Whatever movement feels good, without focusing on "fixing" anything.*

○ I DID IT

DATE _____

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DAY 5 OF 30

Celebrate Your ‘Flaws’

Write down 3 things you’ve criticized about yourself in the past and reframe them as strengths or beautiful parts of your story.

○ I DID IT

DATE _____

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DAY 6 OF 30

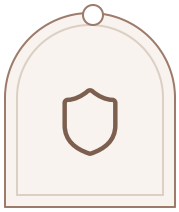
Take Yourself on a Solo Date

> *Go for coffee, visit a bookstore, take a bath with candles. Do something that makes you feel cherished.*

○ I DID IT

DATE _____

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DAY 7 OF 30

Set a Loving Boundary

> *Say ‘no’ to something that drains you or doesn’t align with your peace, without guilt.*

○ I DID IT

DATE _____

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DAY 8 OF 30

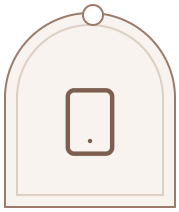
Compliment Yourself Like a Friend Would

> *If your best friend was feeling insecure, what would you tell her? Now say that to yourself today.*

○ I DID IT

DATE _____

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DAY 9 OF 30

Unfollow & Mute

> *Curate your social media to remove any accounts that make you feel "less than" or feed comparison culture.*

○ I DID IT

DATE _____

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DAY 10 OF 30

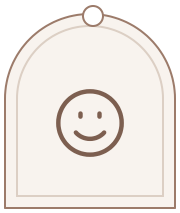
Gratitude for Your Body

> *Write down 3 things your body has done for you that have nothing to do with appearance (e.g., carried you through hard times, let you hug a loved one).*

○ I DID IT

DATE _____

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DAY 11 OF 30

Do Something Just for You

> *No productivity, no purpose. Just something that brings you joy, even if it's silly.*

○ I DID IT

DATE _____

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DAY 12 OF 30

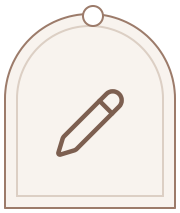
Affirmation Check-In

> *Say out loud: I am enough. I am worthy. I deserve to take up space. I love who I am becoming.*

○ I DID IT

DATE _____

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DAY 13 OF 30

Rewrite a Self-Critical Thought

> *Catch yourself in a negative thought and rewrite it with kindness. Example: "I look tired" → "My body works hard for me, and I honor that."*

○ I DID IT

DATE _____

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DAY 14 OF 30

Indulge Without Guilt

> *Eat the chocolate, get the fancy coffee, take the nap. Enjoy something without second-guessing if you "deserve" it.*

○ I DID IT

DATE _____

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DAY 15 OF 30

Embrace Your Natural Beauty

> *Skip the makeup, let your hair do its thing, and appreciate yourself exactly as you are today.*

○ I DID IT

DATE _____

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DAY 16 OF 30

Reflect on Growth

> *Think about something you once struggled with that's now easier. How have you grown?*

○ I DID IT

DATE _____

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DAY 17 OF 30

Forgive Yourself

> *Write down something you've been hard on yourself about and practice self-forgiveness.*

○ I DID IT

DATE _____

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DAY 18 OF 30

Surround Yourself with Self-Love

> *Place a sticky note with a kind message to yourself on your mirror or phone screen.*

○ I DID IT

DATE _____

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DAY 19 OF 30

Let Go of “Should”

> *For one day, drop the pressure of what you “should” do or be and just exist as you are.*

○ I DID IT

DATE _____

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DAY 20 OF 30

Reconnect with Your Younger Self

> *Find a childhood photo of yourself and write a short letter to her. What would you want her to know?*

○ I DID IT

DATE _____

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DAY 21 OF 30

Romanticize Your Life

> *Do one thing today that makes your life feel a little more magical: play music, light a candle, wear perfume just for yourself.*

○ I DID IT

DATE _____

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DAY 22 OF 30

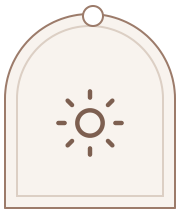
Speak Kindly to Yourself All Day

> *Every time you catch yourself thinking something negative about yourself, reframe it into something gentle.*

○ I DID IT

DATE _____

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DAY 23 OF 30

Find Joy in the Present

> *Put your phone down, step outside, breathe deeply. Just be here, now.*

○ I DID IT

DATE _____

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DAY 24 OF 30

Create a Self-Love Playlist

> *Make a playlist of songs that make you feel confident, powerful, and happy.*

○ I DID IT

DATE _____

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DAY 25 OF 30

Give Yourself a Break

> *Let yourself rest without guilt today. No to-do lists, no "I should be doing more." Just be.*

○ I DID IT

DATE _____

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DAY 26 OF 30

Make a List of What You Love About Yourself

> *Write 10 things (physical, emotional, and personality traits) that you truly love about yourself.*

○ I DID IT

DATE _____

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DAY 27 OF 30

Let Yourself Be Seen

> *Post a picture, share your thoughts, or do something that feels bold without over-filtering yourself.*

○ I DID IT

DATE _____

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DAY 28 OF 30

Write Your Future Self a Love Note

> *Encourage her, remind her she's doing her best, and let her know she's worthy of love at every stage.*

○ I DID IT

DATE _____

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DAY 29 OF 30

Create a Self-Love Ritual

> *Whether it's a bath, journaling, morning coffee, or stretching, create a small daily ritual just for you.*

○ I DID IT

DATE _____

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DAY 30 OF 30

Commit to Loving Yourself, Every Damn Day

> *Self-love isn't just for today. Write down one promise to yourself about how you'll continue practicing this every day.*

○ I DID IT

DATE _____

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