



FEBRUARY 2021

28 Days of Self-Love

”

No one is you
and THAT
is your
Super Power.

- UNKNOWN

	1 Write down 5 things you love about yourself.	2 Create an upbeat playlist.	3 Take a run or walk out in the fresh air.	4 Drink one gallon of water today.	5 Leave work on time!	6 Sleep in.
7 Send a handwritten card to a friend.	8 Say yes to something that takes you out of your comfort zone.	9 Give up social media for the day.	10 Say no to something you don't want to do.	11 Make an appointment for an annual checkup.	12 Try out a face mask at home or have a spa day.	13 Make time for 5 minutes of meditation.
14 Buy yourself flowers.	15 Leave positive messages where you will see them regularly.	16 Eat your favorite comfort good without guilt.	17 Do something kind for a stranger today.	18 Set an intention for your day.	19 Commit to quitting 1 bad habit.	20 Pick out a new book and make time to read it!
21 Create a bucket list.	22 Smile at everyone you meet today.	23 Come up with a plan to accomplish your 2021 goals.	24 Get a good workout in.	25 Wear an outfit that makes you feel amazing!	26 Binge watch your favorite TV show.	27 Turn off your phone for 2 hours today.
28 Reflect on 5 things you are grateful for.						