



# 30 DAY

## Self Love Challenge

### For Mommas

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Create a vision board	Write 5 encouraging affirmations for yourself	Spend the day social media free	Start a gratitude journal	Take a 15 minute walk outdoors
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Listen to a podcast you haven't heard before	Practice five minutes of meditation	Stretch for 10-15 minutes	Write down 5 things you love about yourself	Practice deep breathing
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Try a free online workout	Read a book for 15 minutes	Write a list of short-term goals	Drink 8oz of water BEFORE anything else for the day	Go to bed 30 minutes earlier
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Sit in stillness & enjoy the quiet	Dance to your favorite playlist	Make your favorite meal	Buy something for yourself, without buying your child something	Create a bucket list
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Watch a new movie or series	Take a power nap	Take a long shower or bath	Try beginners Yoga	Watch the sunset or sunrise
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Wake up 15 minutes earlier	Have a home spa day	Forgive any mistakes you've made as a mother	Start a new hobby	Write a love letter to your body