

# 30-DAYS TO GREATER SELF-LOVE

## checklist

DAY	TASK	DONE
01	Set your intention for the next 30 days.	<input type="checkbox"/>
02	Become aware.	<input type="checkbox"/>
03	Accept all the compliments that come your way.	<input type="checkbox"/>
04	Start reading a book on the topic of self-love.	<input type="checkbox"/>
05	Create and use affirmations.	<input type="checkbox"/>
06	Do something you've always wanted to do.	<input type="checkbox"/>
07	Admire your body.	<input type="checkbox"/>
08	Eat nutritiously.	<input type="checkbox"/>
09	Send yourself a love letter.	<input type="checkbox"/>
10	Remove the need for perfection.	<input type="checkbox"/>
11	Declutter your living space	<input type="checkbox"/>
12	Clean up your schedule.	<input type="checkbox"/>
13	Develop a strategy for dealing with stress.	<input type="checkbox"/>
14	Create a gratitude list.	<input type="checkbox"/>
15	Exercise.	<input type="checkbox"/>
16	Write in a journal.	<input type="checkbox"/>
17	Spend 30 minutes in nature.	<input type="checkbox"/>
18	Listen to a podcast or inspirational talk.	<input type="checkbox"/>
19	Practice yoga or exercise.	<input type="checkbox"/>
20	Make plans for your future.	<input type="checkbox"/>

