30-DAYS TO GREATER SELF-LOVE checklist

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



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DAY	TASK	DONE
21	Forgive yourself.	
22	Stop seeking approval.	
23	Sit by yourself.	
24	Volunteer.	
25	Sleep.	
26	Set and maintain boundaries.	
27	Do one thing you know you need to do.	
28	Trust your intuition.	
29	Do something for someone else but keep it a secret.	
30	Have fun.	

glow up, gyrl