

31 DAYS OF SELF LOVE CHALLENGE

- Go For A Walk
- Listen to your favorite album
- Take a bubble bath
- Start a new book
- Give yourself a manicure
- Takeout from a new restaurant
- Partake in your favorite movie
- Buy a new candle
- Organize 1 room in your home
- Host a game night
- Sleep in
- Have your favorite photo framed
- Spend time outdoors in the sun
- Take a nap
- Cook an amazing breakfast
- Watch a new TV show
- Early bed time
- Try a new wine
- Find something to laugh at
- Eat a slice of cheesecake
- Plan a staycation
- Exercise or try a new exercise
- Create something
- Change your bedding
- Order Pizza
- Create a playlist
- Do absolutely nothing
- Try a new recipe
- Drink more H2O
- Listen to a new podcast
- Donate to a cause
- Rearrange your furniture