

Love Yourself!

Meditation

Meditate in the morning.

Write down 2 goals for this month.

Write a letter to a loved one.

Turn off phone at 9pm.

Write down 3 things you're grateful for today.

Read a book for 20 minutes.

Meditate before going to bed.

Nutrition Hydration

Drink 64oz water today.

Make a meal with the color green.

Try a new recipe.

Write a meal plan for the week.

Make your favorite smoothie.

Pack your lunch for work.

Bake something delicious for breakfast.

Movement

Take a morning walk with a friend.

Practice yoga.

Hold a 45 second plank.

Complete 50 jumping jacks.

Walk or run on a new route.

Ride a bike.

Race your kid!

Pampering

Order a coffee from your favorite cafe.

Sleep in.

Indulge in a dessert.

Listen to your favorite album or podcast.

Buy yourself a new accessory.

Paint your nails a new color.

Go to bed early.

