



# The Everygirl's 28-Day Self-Love Challenge

## WEEK ONE

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- ☐ **1.** Make a list of five things that always make you happy and put it on your mirror, desk, or fridge where you'll see it often
- ☐ **2.** Buy yourself flowers
- ☐ **3.** Revisit a childhood hobby
- ☐ **4.** Go for a walk on your lunch break
- ☐ **5.** Make a playlist of all your favorite songs
- ☐ **6.** Unplug for three hours
- ☐ **7. Journal prompt:** Get to know yourself. Take some time to think about what you believe in, value, and like. Make a list of your strengths (particularly the ones that have gone unnoticed).

## WEEK TWO

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- ☐ **8:** Say "no" if you want to say no
- ☐ **9:** Eat the rainbow by trying a variety of fruits and vegetables
- ☐ **10:** Splurge on the item you've been wanting
- ☐ **11:** Take yourself on a date or set the table with candles and a fancy table cloth
- ☐ **13:** Watch your favorite movie
- ☐ **14: Journal prompt:** look at a picture of yourself as a baby or young child. How would you talk differently to yourself if you were talking to her? What do you want to tell her?

## WEEK THREE

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- ☐ **15.** Identify your love language and then do one thing to show yourself love in that language
- ☐ **16.** Make a promise to yourself and then keep it (work out before work, make a smoothie for breakfast, take a real lunch break, cut off work at 5 p.m., etc.)
- ☐ **17.** Unfollow or mute every account that doesn't make you feel inspired, encouraged, or good about yourself
- ☐ **18.** Sit in child's pose for a minute whenever you're stressed
- ☐ **19.** Dress up in your favorite outfit and put on your favorite lipstick
- ☐ **20.** Take some time to "play:" turn on music and dance or do something creative like coloring
- ☐ **21: Journal prompt:** write down past mistakes you're still holding onto. Reflect on how you've changed since those past mistakes or embarrassing moments. Realize how even the worst moments have made you stronger, kinder, and better, and then forgive yourself.

## WEEK FOUR

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- ☐ **22:** Say "thank you" instead of "I'm sorry"
- ☐ **23:** Sneak leafy greens into sauces, dips, and dressings
- ☐ **24:** Write a list of the things you love most about yourself
- ☐ **25:** Start an inspirational book
- ☐ **26:** Treat yourself to a new vibrator or download an app like Coral (because sexual wellness is self-care)
- ☐ **27:** Try an online workout class you've never done before
- ☐ **28: Journal prompt:** How can you become more "you?" We love ourselves when our actions align with who we really are. Make a list of your qualities, likes, traits, strengths, and passions. Then, write down how you can become or more of each thing. Also, get rid of the activities or traits that don't feel true to you, and fill up the empty space with more you-ness. Every work goal, wellness intention, and daily schedule should support becoming more of who you really are.