



Two-Week Self-Love challenge

Honoring yourself starts with caring for yourself. Self-love is important to living well and grows through actions that support your well-being. Here are some ways you can refill your cup, so you are recharged to share love and compassion with others while building your well-being.

You do not have to complete in order.

Day	Self-love	Challenge task	Task completed
1	Love yourself	Make a list of 10 things that you love about yourself.	I did it!
2	Focus on your needs	For example, choose sleep instead of staying up late, or choose a good book over social media.	I did it!
3	Create a personal mantra	Write it down and start your day with it.	I did it!
4	Digital detox	Limit your screen time. Set a time that you will not log in to any social media for the day.	I did it!
5	Be kind to yourself	Buy yourself some flowers. Choose to be positive.	I did it!
6	Be you	Take a selfie and write about your unique qualities and what you love about yourself.	I did it!
7	Declutter	Choose one room and clear out all the things that no longer bring you joy.	I did it!
8	Be mindful	Choose one of your daily routines and bring mindfulness to it: folding clothes, washing dishes, eating.	I did it!
9	Nourish your soul	Make a healthy meal for yourself. Something you love. Be mindful of the ingredients.	I did it!
10	Pamper yourself	Take a relaxing bath, snooze in a hammock, or schedule a massage and manicure-pedicure.	I did it!
11	Make time for laughter	Take a picture of yourself laughing.	I did it!
12	Have an adventure	Book a day trip. Go to the spa. Have a picnic. Go for a bike ride. Take the scenic route home	I did it!
13	Connect with nature	Breathe in the fresh air for 10 minutes. Notice the sights, sounds and smells.	I did it!
14	Make a vision board	Include short-term and long-term goals, include positive quotes and your personal mantra.	I did it!