

30 Days of Self Love

Find 3 good things to look forward to this year	Make time today to do something kind for yourself	Do a kind act for someone else to help brighten their day	Write a list of things you value in your life and why	Look for goodness in others and notice these strengths	Take five minutes to sit still and just BREATHE
Learn something new and share it with others	Say positive things to people you meet today	Get Moving! Be physically active, Enjoy the outdoors	Thank someone you're grateful to and tell them why	Switch off all your tech. devices 2 hours before bedtime	Connect with someone near you - share a smile or chat
Be gentle with yourself when you make mistakes	Take a different route today and see what you notice	Eat healthy food that really nourishes you	Get outside and notice the beauty that surrounds you	Contribute positively to a friend neighbor of family member	Focus on what's good even if today feels tough
Connect with a friend, enjoy their company	Give yourself time to recharge by getting good sleep time	Take a step towards an important goal	Try something new to get out of your comfort zone	Plan something fun and invite others to join you	Put away digital devices and focus on being in the moment
Decide on ways to lift people up, you may find it helps you too	Say Hi to someone new and get to know them better	Challenge your negative thoughts and look for the upside	Get ideas from others about what they've enjoyed recently	Use one of your personal strengths in a new way	Count how many people you smiled at OR How many smiled at you