

# 21-DAY SELF-LOVE CHALLENGE: *Love You! mean it!*

AS AN ADDED LAYER OF CHALLENGE: BUILD ON THE DAILY CHALLENGES. SO INSTEAD OF JUST COMPLETING THE CHALLENGE ON A SPECIFIC DAY, COMPLETE ALL THE CHALLENGES THAT PRECEDE IT.

DAY 1	2	3	4	5	6	7
<p>Tell yourself that YOU LOVE YOU!</p> <p>This is best done using a mirror.</p>	<p>Take yourself out for a nice dinner, or order one in.</p> <p>Nice= \$50.00 USD or more! You are so worth it!</p>	<p>Confess 3 of your flaws in a public forum.</p> <p>We're doing this to alleviate ourselves of the pressure of being perfect...in public.</p>	<p>Give away something that you really really really really love!</p> <p>We're doing this so that we can open up the door to receive something that we will really really really really love even more!</p>	<p>Splurge on something that you wanted for quite some time.</p> <p>In fact don't even call it a splurge, just buy it because you deserve it because you're amazing!</p>	<p>Walk barefoot outside for a period of no less than 10 minutes.</p> <p>This may warrant a pedicure in the near future, but you will enjoy the experience.</p>	<p>Turn off your phone for at least 15 minutes.</p> <p>Sit in total silence and just reflect on the life that you are living, and how to do more good in the world!</p>
DAY 8	9	10	11	12	13	14
<p>Go to bed early...and make your rest an ongoing priority.</p>	<p>Get a massage, a long one, and add something special to it such as hot stones or a facial.</p> <p>Do something that you don't normally do. If you always get massages...then pamper yourself with something else.</p>	<p>Create a mission statement for your life.</p> <p>Understand that this mission can change and evolve just as you do, but in writing it down you're creating a covenant between yourself and the Divine.</p>	<p>Make a list of the things that you no longer want to receive into your life take the list and set it on fire!</p> <p>As it burns begin to visualize your life without these things and begin to make statements of gratitude for them leaving your life for good.</p>	<p>Breathe deeply and consciously and seek to experience inner peace.</p> <p>Doing this for no less than 5 minutes can work wonders for centering you during your day and helping to quiet your mind.</p>	<p>Write yourself a THREE-LINE love note.</p> <p>Mail the note back to yourself.</p>	<p>Meditate on what you want to manifest this day.</p> <p>Thoughts. Words. Deeds.</p> <p>Then sit in expectation of those very things!</p>
DAY 15	16	17	18	19	20	21
<p>Soak in a cleansing bath of Epsom salt, peroxide, and lemon essential oil. (You may use other ingredients if you like.)</p> <p>Soak in it for at least 30 minutes.</p>	<p>Buy a gift card to your favorite store, restaurant or other destination and keep it in your wallet. Give it to someone as you feel led.</p>	<p>Stand in front of a mirror naked and tell the body parts that you normally loathe or don't like to look at how grateful you are for them and how lovely that they are...even if you're in the midst of transforming your body.</p>	<p>Love boldly and without fear!</p> <p>And if that scares you then you're in the right place! Push through the fear and enjoy the beauty of giving and receiving the love that you deserve!</p>	<p>Confess 3 of your amazing characteristics in a public forum. Challenge 5 of your friends to do the same.</p> <p>Be sure to use the hashtag: #CelebratingMe</p>	<p>Write yourself a ONE-PAGE love note.</p> <p>Mail the note back to yourself.</p>	<p>Announce that just completed a 21-day Self-Love Challenge and invite 21 people to try it...because you will be their personal cheerleader.</p>

THANK YOU FOR ACCEPTING THE CHALLENGE! IF YOU CHOOSE TO CHRONICLE YOUR PARTICIPATION IN SOCIAL MEDIA, PLEASE USE THE FOLLOWING HASHTAGS:

#LYM121  
#GETFIRM  
#LOVINGME