Self-Love Challenge

Practicing self-love helps reduce stress and emphasizes positive body image, inspires better physical health, and so much more. With all the uncertainty that surrounds us right now, let's do what we can do make sure we are taking good care of ourselves! Check off a new task (in any order) for 5 days in a row and share on Twitter!

	Write down five things you are grateful for.
	Go on a long walk.
	Do something you love.
	Drink more water. Aim for at least half your weight in ounces.
	Clean out your closet and try to find 5 items you don't need/want and donate them.
	Pamper yourself. Paint your nails, take a bubble bath, do a face mask, etc.
	List your short- and long-term goals and make an inspiration board.
	Read a chapter in a new book.
	Write down one personality trait that you LOVE about yourself.
	Go to bed early.
	Go phoneless for all three meals.
	Write this down: "Dear _____: you are beautiful. You are courageous. You are unique. You are amazing. You are worth it." Post it up for you to see daily.
	Enjoy the sunshine and boost your vitamin D
	Exercise! Darebee.com is a great resources for new ideas!
	Take a selfie just as you are. Find one thing to love about it and say it out loud.
	Complete a random act of kindness.
	Call a friend or relative that you haven't spoken to in a while.
	Doodle, draw, color, or make art of some kind.
	Enjoy a sunrise/sunset moment.
	Try a new recipe! Check Google for some simple recipes.
	Have a game night with your family/siblings.
	Create a new playlist.
	Write down 3 things you will/have accomplish(ed) today.
	Do something outside of your comfort zone.
	Wear something that makes you feel fantastic.
	Do some yoga/meditation. There are great videos on YouTube to follow.
	Take a deep breath once an hour, starting NOW.