

# Practicing Self-Love



Learning to love and accept ourselves just as we are is a practice. Only from this space can we actually create change within ourselves. Most of us are conditioned to believe that self love can be selfish, arrogant, or egoistical but when we can see that the opposite is true we can create real change within ourselves and our relationships.

Self-love and ego are not the same thing. When we are kinder to ourselves we are kinder to others.

Love/trust/compassion/forgiveness are all inside jobs. The more we can give these things to ourselves, the more we can give this to others.

It starts with ourselves and then branches out to our relationships, our work, our community, and the world.

Love has a healing force to it. When we heal self hatred within ourselves, our lives will shift accordingly.

## **21-Day Self Love Challenge:**

Journaling can be a great way to get to know yourself and what is actually going on in your head. Getting things out of your head and onto the page can be a very helpful practice in self-awareness.

Grab a notebook and dedicate 5-minutes per day to answering one question. It doesn't matter what order you go in but try to do one question per day and take note of how you're feeling at the end of the 21-day period. It just might lead to some great insights!

### **1. Write one personality trait you love about yourself.**

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**2. Write about someone you admire and how you two are similar.**

**3. Write out your favorite quote and why you love it.**

**4. Write a letter giving your younger self advice**

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**5. Write about what makes you happy.**

**6. Write about your biggest struggle with loving yourself.**

**7. Write about one thing you could do to improve your happiness.**

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**8. Write a compliment you struggle to accept when you receive it then write it over and over again. Breathe it in.**

**9. Write a good habit you want to pick up. How can you start?**

**10. Write a bad habit you want to drop. How can you let it go?**

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**11. Write about something you're really good at.**

**12. List out 25 of your favorite things and find a way to do some of them.**

**13. Write about your future dream life.**

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**14. Write a letter to someone you love or admire. What would you want to tell them.**

**15. Write about your perfect day and how you can live it right now.**

**16. Write about how you want to be remembered.**

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**17. Finish this sentence, “I forgive myself for...”**

**18. Move your body through exercise and write about how you felt before, during, and after.**

**19. Write about your favorite physical feature on yourself and compliment yourself on it.**

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**20. Write a love letter to yourself.**

**21. Write about the past 21 days and any shifts you've noticed within yourself**