



Go Love Yourself 14-Day Challenge

*"And you?
When will you begin that long journey into yourself?"*
Rumi

"Self-love" has become a buzzword lately. We see quotes, posts, and articles encouraging us to embrace self-love, but what does it truly mean? Let's delve into this essential aspect of our wellbeing.


At the core of good mental health lies a healthy relationship and perspective towards ourselves. When we possess this, it becomes natural to shed unnecessary guilt, abandon self-loathing, and rid ourselves of feelings of unworthiness. Instead, we find ourselves infused with hope and confidence.

Contrary to the misconception that self-love is a selfish endeavor, it, in fact, empowers us. It acts as a catalyst for happiness, centers us in our being, and fosters independence. Remarkably, this love for oneself extends beyond personal boundaries and significantly influences the quality of our relationships.

Despite its fundamental importance, cultivating self-love is a journey that often requires intentional effort. Many of us harbor self-critical thoughts, doubting our capabilities and lacking a genuine affection for ourselves.

So, let's take a collective step forward in choosing self-love. Embarking on this journey is a crucial beginning, and in the following days, we'll explore practical activities and exercises designed to infuse your life with the loving light that forms the foundation of a healthy relationship with yourself. **Through this 14-day self-love challenge, we aim to inspire positive change, foster self-appreciation, and build a foundation for lasting wellbeing.**

Let's begin this transformative journey together.



"I now see how owning our story and loving ourselves through that process is the bravest thing that we will ever do."
Brené Brown



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"I must undertake to love myself and to respect myself as though my very life depends upon self-love and self-respect."

Maya Angelou

Week One: Discovering Self-Love

- ☐ Day 1: Create a list of things that bring you joy (on the next page).
- ☐ Day 2: List 3 things you like about yourself (on the next page).
- ☐ Day 3: Practice a 10-minute mindfulness meditation.
- ☐ Day 4: Write a letter to your younger self, offering words of encouragement (on the next page).
- ☐ Day 5: Disconnect from screens for an hour before bedtime.
- ☐ Day 6: Make a gratitude list with at least 5 things you're thankful for (on the next page).
- ☐ Day 7: Share your favorite self-love activity with a friend or colleague.

Week Two: Nurturing Self-Love

- ☐ Day 8: Try out a new interest or hobby.
- ☐ Day 9: Choose to appreciate and find beauty in the small things.
- ☐ Day 10: Engage in a creative activity, like drawing or painting.
- ☐ Day 11: Practice affirmations - write down three positive statements about yourself.
- ☐ Day 12: Do something you care about passionately.
- ☐ Day 13: Have a solo date night doing something you love.
- ☐ Day 14: Spend time in silence and nature, reflecting on your self-love journey.





Go Love Yourself

14-Day Challenge

Things that bring me joy.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

Things I like about ME.

Things I'm thankful for.

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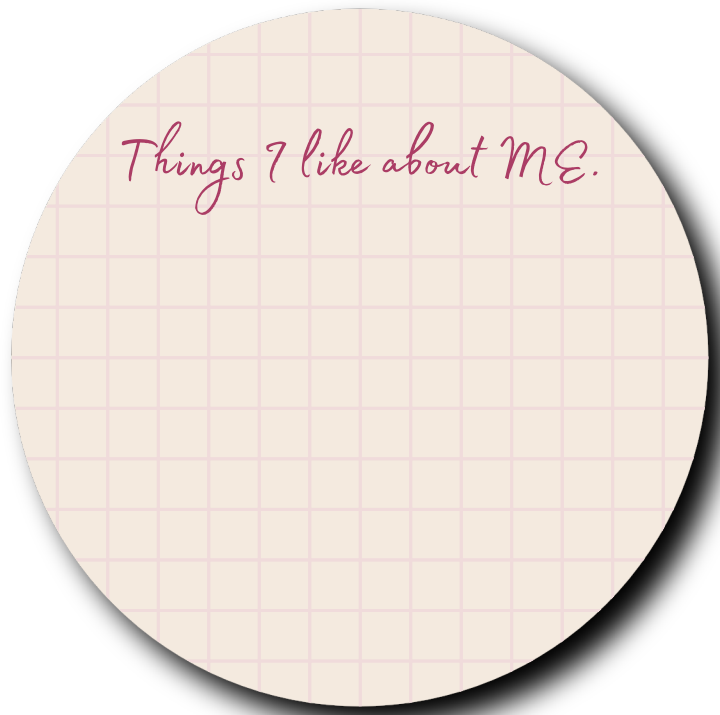
Words of encouragement to my younger self.



Go Love Yourself

Things that bring me joy.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Things I like about ME.



Words of encouragement to my younger self.

Things I'm thankful for.

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