

■ 7-Day Self-Love Calendar ■

Daily Prompts for Reflection & Growth

■ <i>Day 1 – Gratitude Start</i>	Write down three things you're grateful for this morning. End your day by reflecting on one positive moment you experienced.
■ <i>Day 2 – Kind Words</i>	Look in the mirror and say one kind, loving thing to yourself. In the evening, write down how it felt to speak kindly to yourself.
■ <i>Day 3 – Presence</i>	Take 5 minutes to just breathe and be still. Notice your surroundings without judgment. At night, reflect on how being present shifted your energy.
■ <i>Day 4 – Joyful Movement</i>	Move your body in a way that feels good — dance, stretch, or walk outside. In the evening, note how your body feels after moving with love.
■ <i>Day 5 – Affirmation Focus</i>	Repeat this affirmation three times today: 'I am enough, exactly as I am.' Before bed, write about any shifts in your mood or self-talk.
■ <i>Day 6 – Connection</i>	Reach out to someone you care about with kindness — a message, call, or small act. At night, reflect on how connection nourishes you.
■■ <i>Day 7 – Self-Care Ritual</i>	Do one act of self-care (a warm bath, journaling, tea, or rest). In the evening, reflect on how giving yourself this care impacts your well-being.