



# 14 Days of Self Love/ Self Care

**Day 1** Set 3 goals for what you hope to accomplish over the next 14 days

**Day 2** Make a list of 5 positive affirmations for yourself

**Day 3** Buy yourself something new it doesn't have to be expensive

**Day 4** Connect with someone you haven't talked to in a long time

**Day 5** Sit and watch a movie you love or a new one

**Day 6** Make a gratitude list of everything your grateful for in your life

**Day 7** Do one thing that will allow your inner child to come out

**Day 8** Stop and smell the roses "Pay attention to the Beauty All Around You"

**Day 9** Make or Buy your favorite meal and enjoy eating it.

**Day 10** Write yourself a love letter.

**Day 11** Think about one thing you want to learn and make it happen.

**Day 12** Take a nice bubble bath.

**Day 13** Write 10 things you love about yourself

**Day 14** Take at least 3 selfies of yourself because you are amazing!!!!!!

