

# 31 Days of Self-Love 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Smile	2 Pray	3 Cook Healthy	4 Exercise
5 Take a Long Hot Bath	6 Watch Your Favorite Movie	7 Listen to Your Favorite Song	8 Read a Book	9 Call up an old friend	10 Treat someone today	11 Sleep in Late
12 Buy yourself some ice cream	13 Take a 30 minute walk	14 Buy Flowers for yourself	15 Try a new food	16 Reflect on what makes you happy	17 Sing a song	18 Do something you enjoy
19 Write down 5 positive words	20 Post something positive on Social Media	21 Take a selfie	22 Clean or Organize your Room	23 Post an Inspirational Quote	24 Glam up Today	25 Go out to the movies
26 Hug Someone Today	27 Get more sleep tonight	28 Put away \$5 today	29 Give yourself compliment	30 Wear your favorite color	31 Reward Yourself	

**Speak  
Positivity  
Through  
Your  
Lips!!**

**Live,  
Laugh, &  
Love!**

**Positive  
Vibes  
Changes  
Lives!**

**Self-  
Love is  
the Best  
Love!**

**Don't  
Worry,  
Be  
Positive!**

**Love  
Yourself  
– It's a  
Lifetime  
Romance!**