



Day 1: Write in Detail all the things that you love about yourself, your traits and characteristics. This should come across as a love letter to yourself. Read this out loud to yourself in front of a mirror every day for 21 days.



Day 2: Write a detailed account of all the ways in which you wish to love and for yourself. From eating healthy (what that means for you, to working out, to getting enough hours of sleep or making time to be alone). Do one of these things today.



Day 3: Imagine one day you wake up and you've reached your fullest potential. Write about what type of person you are, what type of activities you engage in, what type of hobbies you have and what types of people you are surrounded by.



Day 4: Write a letter to your inner-child, explaining how important he/she is to you and to the world, let him/her know of all the lies and negative things that they were told as a child. Read this letter out loud as if your inner child were standing in front of you.



Day 5: Write a letter of encouragement and motivation to yourself that you can refer back to when you are having an 'off day' or going through a rough patch.



**Day 6: Write about all the healthy activities and hobbies that make you feel good happy and empowered.
Do one of those activities today.**



Day 7: Start today's journaling exercise with the following sentence, "I feel happiest when....." At the end of your journaling exercise, do one of the things that makes you feel happiest.



Day 8: Start today's journaling exercise with the following sentence, "I am so proud of myself for/because...." Set a day wherein you make it a point to celebrate your achievements, even by simply lighting a candle or going out for dinner.



Day 9: Write an apology to yourself, apologising for all the times that you didn't love yourself, or put yourself in a situation that you knew was not in your best interest, for all the times you didn't choose yourself or make you a priority. Work on forgiving yourself and let go of any grudges or self-blame. Tell yourself, "I now let go and release (whatever grudge you are/were carrying) and forgive myself because I am worthy and deserve a second chance"



Day 10: Write a detailed letter of thanks and gratitude to at least 3 people that mean the world to you and how their love and presence in your life adds value to your experience on earth. Make contact with one of these people and express your gratitude to them.



Day 11: Make a list of all the things that you no longer want to entertain, things, people and situations that you'd like to say no to. Write down and practice different ways of saying no, without saying no, as you work your way up to getting the point where you can simply say no. For example, "Sorry, that's not in my budget" or "I'm really tired today, maybe another time"



Day 12: Write about some of the people that you look up to in life, this can be a friend, a celebrity, your partner, a family member, an activist, anybody that you admire and express all the similarities you have with them, all the ways that you are like them already.



Day 13: Write about the importance of boundaries and about which areas of your life need stricter boundaries and standards and how setting those boundaries and upholding those standards would benefit you.



Day 14: Write a journal entry answering the question, "How can I allow myself to rest or take a break today" when you are done writing set the intention and make time to rest, relax and take a break today. Try to schedule a DIY spa day for yourself or book yourself a spa day.



Day 15: Create and write down at least five positive affirmations for/about yourself, structure them as though they already exist, for example, "I am a confident and empowered person", "I am surrounded by people who are reflective of the abundance of self-love that dwells within me" etc. Make it a point to chant these affirmations to yourself every morning for 5-10 minutes out loud. You can even record them onto your phone and play it every morning as you get ready for your day.



Day 16: Write The Mother of all Gratitude Lists, write down all the things about yourself, your life, your support system, your job, your body, your material possessions etc. that you are grateful for in detail.



Day 17: Start your journal entry with the following sentence, "I can make my life better, more joyful and fulfilling if I..." Make it a point to do one of those things every day.



Day 18: Write down a list of all your character strengths, why you value those strengths and how you can use them to live your best life. Take the VIA Character Survey here:

<http://www.viacharacter.org/www/Character-Strengths-Survey>



Day 19: Write a love letter to your body, apologising for all the ways in which you've treated it badly or not take care of it properly and thanking it for all that it can do and all the ways in which your body has allowed you to live your best life.



Day 20: Answer the following questions, when do I feel most confident (how am I dressed, what am I doing)? Make it a point to do things and dress in ways that make you radiate confidence.



Day 21: Write a promise letter to yourself about why and how you are going to continue loving yourself. Keep this promise forever.