

I'm a Single Gorgeous Independent Sista

21 DAY CHALLENGE

DAY 1

Start a new book

DAY 3

Write down 3 things you want to do

DAY 5

Go somewhere you've never been

DAY 7

Dance to some teenage tunes

DAY 9

Give yourself a facial

DAY 11

Start a gratitude journal

DAY 13

Clean up your social media

DAY 15

Netflix binge

DAY 17

Head for the water

DAY 19

Make over your bed

DAY 21

Reflect on all you've achieved

DAY 2

Candle-lit bubble bath

DAY 4

Cook something special for YOU

DAY 6

Arrange to meet a friend

DAY 8

Write a letter to your 16yo self

DAY 10

Turn your bedroom into a haven

DAY 12

Give yourself a manicure/pedicure

DAY 14

Buy some new underwear/lingerie

DAY 16

Clean up toiletries and make-up

DAY 18

Plan 5 new healthy habits

DAY 20

Plan a girls night out

