

14 DAY SELF-LOVE *challenge*

DAY 1

Write 3 things you're grateful for.

DAY 2

Say 3 positive affirmations in the mirror.

DAY 3

Spend 30 minutes on self-care.

DAY 4

Declutter one area of your home.

DAY 5

Write a love letter to yourself.

DAY 6

Spend time in nature.

DAY 7

Try something new.

DAY 8

Celebrate a recent win.

DAY 9

Listen to a TMG guided meditation.

DAY 10

Do a random act of kindness.

DAY 11

List out your strengths.

DAY 12

Unplug from social media for a day.

DAY 13

Plan a future goal.

DAY 14

Treat yourself to something you enjoy.

BONUS

Read a blog from TMG that relates to you.