



SELF LOVE CALENDAR

WHETHER YOU JOURNAL OR SPEAK IT OUT LOUD, EXPLORE
LOVING YOURSELF FOR AN ENTIRE MONTH!

1

Your biggest struggle with loving yourself?

2

A limiting beliefs do you have about yourself?

3

One good habit that you want to start?

4

A compliment that you struggle to accept about you?

5

Something you need to start saying yes to?

6

What is one thing you need to start saying no to?

7

What do you need to forgive yourself for?

8

One thing that you love about your body.

9

One thing that you love about your personality.

10

Where do you need to slow down?

11

Something that you can let go of?

12

Someone you need to forgive?

13

How can you set better boundaries?

14

Describe yourself in a loving way to a stranger?

15

What things make you happy to be alive?

16

Smile at yourself in the mirror for 30 seconds.

17

Do a self high five in the mirror.

18

Remind yourself how far you have come.

19

What are you afraid to ask for?

20

What do you need to heal to completely love yourself?

21

What is the most loving thing you have done for yourself?

22

Indulge yourself today!

23

One change you can do to make yourself happier?

24

How can you give yourself some love today?

25

What is something you are working on believing that you deserve?

26

What makes you feel bad, but you do it anyway?

27

Treat yourself and fill your own bucket.

28

Something you wish someone would say to you? Tell yourself now!