

Challenge Calendar

Date:

Day 1

Journal Page:
What Challenges
You about
Self-Love?

Day 2

Challenge Your
Limiting Beliefs

Day 3

Use a Healing
Technique to Heal
the Past

Day 4

Do Something You
Find Comforting

Day 5

Wear What Makes
You Feel
Confident

Day 6

Spend Time in
Nature

Day 7

Do Something
Fun or Creative

Day 8

List What You
Appreciate about
Yourself

Day 9

Meditate & Ask
for Guidance
about More
Self-Love

Day 10

Practice Spiritual
Self-Care

Day 11

Unfollow Toxic
Social Media
Accounts

Day 12

Take Yourself on
a Date

Day 13

List Supportive
People in Your
Life

Day 14

Do Something
Good For Your
Body

Day 15

Give Yourself a
Genuine
Compliment

Day 16

Write a Letter to
Your Past Self

Day 17

Script Your
Dream Life

Day 18

Make Your Life
Bucket List

Day 19

Journal about
Your Life
Purpose

Day 20

Create Your Own
Self-Love
Affirmations

Day 21

Journal Page:
What was Helpful
about this
Challenge?

Notes: