

30 DAYS TO

Greater Self-Love

*Love Yourself Unconditionally
and Nurture Your Self-Worth*

Daily Tracker

Self-Love Daily Tracker

Day	Activity	Did You Do This?	How Did It Make You Feel?
0	Set your intention for the next 30 days.		
1	Become aware.		
2	Accept all the compliments that come your way.		
3	Start reading a book on the topic of self-love.		
4	Create and use affirmations.		
5	Do something you've always wanted to do.		
6	Admire your body.		
7	Eat nutritiously.		
8	Send yourself a love letter.		
9	Ask someone for a favor.		
10	Remove the need for perfection.		

11	Declutter your home environment.		
12	Clean up your schedule.		
13	Develop a strategy for dealing with stress.		
14	Create a gratitude list.		
15	Exercise.		
16	Clean up your social life.		
17	Do what you love.		
18	Make plans for your future.		
19	Keep a journal.		
20	Forgive yourself.		
21	Stop seeking approval.		
22	Sit by yourself.		

23	Visit the doctor and dentist.		
24	Volunteer.		
25	Sleep.		
26	Set and maintain boundaries.		
27	Do one thing you know you need to do.		
28	Trust your intuition.		
29	Do something that makes you like yourself more.		
30	Do something for someone else but keep it a secret.		
31	Have fun.		