

# 30 Day Self-Love challenge



<input type="checkbox"/> Stretch all your muscles	<input type="checkbox"/> Take a bubble bath	<input type="checkbox"/> Write out your goals	<input type="checkbox"/> Take a break outdoors	<input type="checkbox"/> Listen to a positive Podcast.
<input type="checkbox"/> Go on a adventures	<input type="checkbox"/> Give Yoga a try	<input type="checkbox"/> Cook your favourite meal	<input type="checkbox"/> Meditate	<input type="checkbox"/> Create your ideal future
<input type="checkbox"/> DIY home facial	<input type="checkbox"/> Practice gratitude	<input type="checkbox"/> Have an early night	<input type="checkbox"/> Visualize your highest self	<input type="checkbox"/> Try Journaling
<input type="checkbox"/> Read a book	<input type="checkbox"/> Watch your favourite movies	<input type="checkbox"/> DIY home manicure	<input type="checkbox"/> Eat your favourite treat	<input type="checkbox"/> Donate old clothes
<input type="checkbox"/> Explore a new place	<input type="checkbox"/> Start a new hobby	<input type="checkbox"/> Watch the sunrise	<input type="checkbox"/> Spend time in the sun	<input type="checkbox"/> Go on a solo date
<input type="checkbox"/> Organise your closet	<input type="checkbox"/> Create a vision board	<input type="checkbox"/> Drink more water	<input type="checkbox"/> Pick a power word	<input type="checkbox"/> Listen to your favourite music