A pink flower on a leaf

Description automatically generated

Self-Love Daily Tracker

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| --- | --- | --- | --- |
| Day | Activity | Did you do it? | How Do you feel about it? |
| 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. |  |  |