

Journey to self love

mentally - physically - spiritually

30 Day Challenge

April 1st-30th

1. Write in your journal
2. Stay away from the phone
3. Meatless Monday
4. Create a vision board
5. Switch it up
6. Declutter
7. Meditate
8. Go on an adventure
9. Try a new healthy meal
10. Mini pamper sesh
11. Yoga flow
12. Turn the music up
13. Accept yourself
14. Slow down today. Be present
15. How's it going so far?
16. Spend some time outside
17. Do something for yourself you've put off for awhile
18. Grateful
19. Pay it forward
20. Sweat it out
21. Clean out the closet
22. Write yourself a love letter
23. Get up early - make your favorite breakfast
24. Go for a walk
25. Challenge yourself
26. Unfollow the negativity
27. Detox
28. Get yourself a mini gift
29. Take a look in the mirror
30. Reflect. How do you feel?

Welcome!

Hello and welcome to the
Journey to Self Love Challenge .

My name is Aleaha and just like you I am on the journey to figuring out a whole lot of stuff in my life. What I want to do for a career, where I want to live, where I want to travel, how to eat healthier, and oh yeah..love myself. I truly believe that in order to have success in following my dreams and making them become a reality, I need to love myself. I am so incredibly harsh to myself when I step in front of a mirror. I neglect to notice the amazing things that make me unique and I don't want to do that to myself anymore.

I created this challenge in hopes of it pushing me to accept and trust myself.
I hope it helps you face some challenges and help love every aspect about yourself!

This challenge will be starting on Saturday, April 1st and end Sunday, April 30th.
Read through and get a sense on what we will be doing.

Please email me at anytime during the challenge if you have any questions or just wanna chat. I'd love to hear from you.

April 2017

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16 Spend some time outside	17 Do something for yourself you've put off for awhile	18 Grateful	19 Pay it forward	20 Sweat it out	21 Clean out the closet	22 Write yourself a love letter
23 Get put early-make your fave breakfast	24 Go for a walk	25 Challenge yourself	26 Unfollow the negativity	27 Detox bath	28 Get yourself a mini gift	29 Take a look in the mirror
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Day 1. Write in your journal

- Get into some comfy clothes, brew up some tea or coffee & put on some calming music.
- Write down 3-5 goals you want to reach throughout these 30 days.
- Then, on individual sticky notes, write down 5 things you like about yourself. Post them around your home, or a mirror you always use. Read them every time you see them.

Day 2. Stay away from the phone

- Take a break from checking any social media platform. No Instagram, Facebook, Twitter..NOTHING! For a whole day.
- At the end of the day, reflect. Was it hard to stay away from it? How do you feel?

Day 3. Meatless Monday

- Going meatless once a week (or more!) can help reduce the risk of chronic conditions like cardiovascular disease, diabetes & obesity.
- It gives your gut a break.
- Helps reduce carbon footprint.
- Keep this up through the challenge and beyond.

Day 4. Create a vision board

- Create this in a sacred space where you'll see it often.
- Don't just focus on materialistic things you want. Be sure to include how you want to feel.
- You can print or write out quotes, words, pictures, etc.
- Put up different objects that remind you of positive memories or feelings. (You also can add to this as you go.)
- Have fun with this!

Day 5. Switch it up

- Tired of the same old daily routine? Switch it up, wake up at a different time. Take a different way to work.

Day 6. Declutter

- Messy kitchen? Messy living room? Messy everything?! Take some time today and throw out/donate things you don't need anymore. Clear up some space. Try to live a bit more simpler.

Day 7. Meditate

- Spend 10-20 minutes meditating.
- Having trouble? Try an app called- Insight Timer ~ it offers different lengths and styles of guided meditation.

Day 8. Go on an adventure

- This doesn't have to be too crazy- go for a walk, go for a drive, check out a coffee shop, go to a book store, go to a museum.
- Just get up and go, see where you end up!

Day 9. Try a new healthy meal

- Need inspiration? Check out Pinterest- look up healthy meal recipes!
- Replace your favorite red meat dishes with chicken or turkey.

Day 10. Mini pamper sesh

- Take care of YOU today.
- Get a mani/pedi, or do one yourself. Light some candles and take a nice hot bath. Lather up your skin with lotion afterwards.

Day 11. Yoga flow

- Look up yoga classes near you and go! Typically drop in rate is \$10-15 for an hour long class.
- If you want to save the money, no problem. You can always search YouTube to follow along a flow. Or you can check out the website- doyogawithme.com . You can sign up for free and follow along guided yoga flows from all different levels and lengths of flows. You can also sign up for the monthly membership and get even more videos to choose from.

Day 12. Turn the music up

- Put your favorite jams on and dance your heart out for as long as you want. Your whole home is your stage- have fun!

Day 13. Accept yourself

- Acknowledge your strengths.
- Recognize how you judge yourself.
- Set realistic expectations for yourself.
- Accept yourself just how you are in this present moment.

Day 14. Slow down today. Be present

- Take the time to be around your family, friends or significant other. Don't worry about checking your phone every half hour. Just spend some quality time and be present with them.

Day 15. How's it going so far?

- How you feeling so far since this challenge has started? How are you feeling about yourself? Open up your journal and look at your goals from the beginning. Have you reached any so far? Has writing down the things you like about yourself helped?

Day 16. Spend some time outside

- Go outside and get some fresh air. Whether you go for a walk, or just sit outside your house- take it all in.
- Look around you, what do you see in the trees and the sky? What can you hear? How does it smell? Nature is so beautiful and you don't have to go far to appreciate it.

Day 17. Do something for yourself

- Make your happiness a priority
- Be honest about yourself with yourself
- Accept who you are in this present moment

Day 18. Grateful

- What are you most grateful for?
- In your journal write down 10 things you are grateful for. If you're grateful for a certain person, tell them!

Day 19. Pay it forward

Here are some ideas.

- Compliment a stranger
- Pay it backward and pay for the person behind you their coffee.
- Smile at everyone you see.
- Donate food to a shelter
- Donate dog/cat food to a shelter.
- Write a list of things you love about your partner and give it to them.
- Post a positive quote somewhere out in public.
- There are many other ways you can pay it forward- get creative!

Day 20. Sweat it out

- Pick a favorite workout of yours that gets your heart rate up. Keep going, let the sweat out!

Day 21. Clean out the closet

- Make this experience fun... put on some fun jams and open up that bedroom closet. Get rid of clothes you don't need/wear/care for anymore.
- Shoot for at least 10 things, or more! Donate them to an organization in need.

Day 22. Write yourself a love letter

- Put on some nice calming music, put the phone away, and sit in your favorite space. Write to yourself. Show appreciation, gratitude and love towards YOU.
- Put it in an envelope and address it to you.
- Tuck it away in a place where you won't lose it... you will need it again on the last day.

Day 23. Get up early - make your favorite breakfast

- Put on some jams, brew up some coffee/tea- whatever you love.
- Make a yummy fun favorite breakfast of yours.

Day 24. Go for a walk

- Go to a favorite place of yours that you like to walk around, whether that be around a cute little town or out in nature.

Day 25. Challenge yourself

- Sometimes we don't realize that we take the easy way out... challenge yourself from doing that today. Here are some ideas:
- Look people in the eye as you talk to them.
- Set your alarm 15 minutes earlier so you have more time in the morning and you don't feel rushed.
- When reading a book, read a certain amount of pages before checking the phone for time, etc.
- Add on 10 more minutes to your workout.

Day 26. Unfollow the negativity

- Sick and tired of logging on Facebook and seeing so much negativity? Delete it!
- Unfollow the people or pages that share negative posts or who you know longer talk to.

Day 27. Detox Bath

- Prepare your body before the bath-make sure you are plenty hydrated.
- 2 cups Epson salt, 1 cup baking soda, 1/2 cup apple cider vinegar, 1 tablespoon ginger & essential oils as desired.
- Soak for 20-30 minutes.

Day 28. Get yourself a mini gift

- Don't need to go crazy here. Just think of something you've been wanting to get yourself for awhile that is under \$20.

Day 29. Take a look in the mirror

- Get your mirror and go to a quiet space in your house and close the door.
- For about 2 minutes, you are going to look right into your eyes. As your looking into your eyes you are going to tell yourself:
 - you're beautiful
 - you're strong
 - you're smart
 - you're brave
 - you're creative
 - you are good enough

Repeat it again.

Then tell yourself, "I love you"

(You are more than welcome to say to yourself something different, if theres something specific you want to remind yourself of.)

Day 30. Reflect. How do you feel?

- Spend some time looking back through these past 4 weeks and read what you've written in your journal.
- What was the hardest thing you had to overcome?
- How do you feel now? How do you feel when you look in the mirror?
- Now...open your love letter to yourself and read it.

Thank you!

I hope you enjoyed this challenge and it helped you on your journey to self love.

I'd love to hear from you on how it went!

@ amongthewildflower@gmail.com

Your name will be added in the drawing to win a handmade dreamcatcher made by me <3

xoxo
from the wildflower within

