

Daily Self-Love Checklist

- Meditate for ten minutes.
- Say aloud five things that you are grateful for.
- Say aloud five things that you affirm about or for yourself.
- Perform some sort of exercise for fifteen minutes.
- Perform a stretching routine for five minutes to loosen up your muscles and get more limber.
- Journal. Write down how you are feeling at the current moment or what you would like to release or call in.
- Perform a random act of kindness.
- Give a big smile to anyone that you make direct eye contact with.
- Give someone a compliment.
- Prepare yourself a healthy and nutritious meal.
- Look in the mirror, smile, and tell yourself "I Love You."