



Seven Days of Self-Love

CHALLENGE

Use this tracker to log your progress as you complete each day of the challenge.

DAY 1

Schedule
Playtime



DAY 2

Nourish
Yourself



DAY 3

Get to
Know You



DAY 4

Unplug and
Unwind



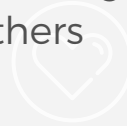
DAY 5

Hit
Refresh



DAY 6

Do Something
For Others



DAY 7

Plan for a
Brighter
Tomorrow





DAY 1

Schedule Playtime

What do you enjoy doing? Why?

What activity did you decide to do today? How did having time to yourself make you feel?

How would you continue prioritizing your creativity?



DAY 2

Nourish Yourself

How would you describe your current diet and exercise habits? Is improving your health a goal? What benefits would you like to see from choosing healthier alternatives?

What did you choose to eat today? Did you enjoy it? How did you feel preparing it?

How would you continue prioritizing your physical well being?



DAY 3

Get to Know You

What did you choose to write about today? Why?

How did the journaling process make you feel? Did it help getting your thoughts down on paper?

How would you continue to prioritize your emotional well-being?



DAY 4

Unplug and Unwind

Was this challenge less difficult or more difficult than you expected? How long were you able to go without any screen time?

What activities did you do instead? Would you consider this a fair trade?

Would you consider cutting back on your screen time in the future? Why?



DAY 5

Hit Refresh

Would you consider yourself an organized person, or is this something you'd like to improve?

What area of your home or office did you decide to refresh? Why?

What spaces would you like to tackle next, if any?



DAY 6

Do Something for Others

What reasons do you think it may be difficult to show kindness to others?

What did you do today for someone? How did it make you feel?

What are some ways you'd like to continue to show kindness to others?



DAY 7

Plan For a Brighter Tomorrow

What did you accomplish from this self-love challenge? What are some things you learned about yourself?

What activities would you like to make a permanent part of your routine?

How?
