

28 Day Love Your Life Challenge

Start a
Gratitude
Journal

Create a
"Love Your
Life" Music
Playlist

Commit to
Drinking More
Water

Go For
a Walk

Make a "Ta-Da"
List of the
Things You're
Really Good At

Wear a Color
that You Know
Looks Good on
You

Pamper Your
Body with
Some Easy
Stretching

Write Down
Your Goals for
the Next Three
Years

Get Lost in
a Good Book

Soak in an
Epsom Salt
Bath

Go Outside
and Look at
the Stars
Tonight

Learn a New
Joke and Tell it
to Someone

Go to Bed
Earlier than
Usual Tonight

Wake Up
Earlier than
Usual This
Morning

Commit an
Anonymous
Random Act of
Kindness

Unfollow Any
Negative Social
Media
Accounts

Meditate for
Seven Minutes
Today

Take a Nap
Without Feeling
Guilty About it

Snuggle with
Your Favorite
Person (or Pet)

Get Your Heart
Rate Up with a
Little Exercise

Spend Time
Enjoying a
Favorite Hobby

Call Your Mom,
Sister or Good
Friend

Stop Holding
a Grudge and
Choose to
Forgive
Someone

Deep Condition
Your Hair

Learn More
About a Subject
that Interests
You

Go Outside and
Take a Few
Deep Breaths of
Fresh Air

Memorize an
Inspirational
Quote that is
Meaningful to
You

Make a list of
100 Things that
You Love About
Your Life