

MommyWeek 30 Day Self Love Challenge

1. What is your biggest struggle with loving yourself?
2. Who taught you to love, and where did your idea of love come from? How has your concept of love changed over the years?
3. What did you learn about criticism from your family? What were you judged & criticized for? What do you criticize yourself for? Now what can you praise yourself for?
4. Mirror Work - Look in the mirror and repeat:
I love you and know you're doing the best you can.
You are perfect just as you are
You become more wonderful everyday.
I approve of you.
Repeat as needed throughout the day.
5. Find a picture of yourself as a child. What emotions do you see? Talk to your inner child. What do you like/dislike? What are you afraid of? What do you need? How can you feel safe? What can make you happy? Embrace your inner child and show yourself love. Write down statements you would have said to yourself as a child.
6. What are some ways you would have had fun with your inner child? Plan to do one of those things today.
7. What do you need to forgive yourself for?
Mirror work - Say: I forgive you, I approve of you, I love you.
8. What do you need to forgive others for? Write a letter as long as you need to forgive the people in your life who criticized you. When you're done, forgive them in your heart for yourself, and destroy the letter.
Say: I let go and I forgive.
9. What do you desire from life and do you feel like you deserve it? What did your parents teach you about deserving?
10. What do you love about you? Write a list as long as you can.
11. List negative habits you are willing to let go of. What will you have to do to release the habits?
Say: I approve of myself.
12. What is the most loving thing you've ever done for yourself? Plan to do something just for you.
13. What are some limiting beliefs you've had about yourself? Where did they come from? How can you replace those beliefs with positive ones?
Say: I go beyond barriers to possibilities.
14. Are the limiting beliefs you thought of yourself yesterday true for you now?
Say: I change my thinking with love.
15. Practice changing your beliefs to loving thoughts. Write: "I love myself, therefore....." Finish the sentence with as many endings of things you believe you deserve as a result of loving yourself.

MommyWeek Self Love Challenge Continued.....

16. Part of self acceptance is releasing other people's opinions of you.
Say: I approve of myself repeatedly almost all day today.
17. Practice changing negative thoughts into positive ones. List things that you think are wrong with you and turn them into positive affirmations. Example: Negative - My life is a mess. Positive - I am willing to release the pattern in me that created these conditions.
18. Practice gratitude. List everything you can think of that makes you happy right now.
19. What is a compliment that you struggle to accept about yourself?
20. List the things you are really good at.
Say: I recognize my gifts are a blessing.
21. Mirror Work - Say: As I learn new skills, I lovingly support myself during the learning process.
I am here for myself.
Say: I love and accept you exactly as you are.
Repeat as needed throughout the day.
22. What would your younger self be proud of you for today?
23. What are the things about yourself that you don't need to change?
Say: I choose to live in a world of love and acceptance.
24. What are the things in your life that you are actually able to control?
Say: My current thought, the one I am thinking now, is totally under my control.
25. What thoughts do you have about your health? What are some things you need to work on?
Say: My body is balanced, healthy, and happy.....and so am I.
26. What are 20 things you love about yourself right now?
27. Mirror Work - Say: Peace begins with me.
I choose a serene way of life.
I love my own thoughts. My love is powerful.
Repeat as needed throughout the day.
28. What makes you happy right now? Write down five things you are grateful for.
29. What did this self love challenge teach you? How can you continue to support your self love journey?
30. How can you commit to loving yourself every day?

#MWSELFLOVE