Self Love Habit Tracker

Try something new, and practice daily to make it a habit!

Morning Activity

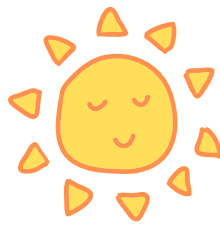|	S	M	T	W	T	F	S
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Evening Activity

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Self Love Challenge

Check off as you complete each!

Forgive yourself	Practice Self-care	Do a DIY Project	Make a playlist
Put on your favorite outfit	Go for a 30-minute walk in nature	Read an uplifting book	Buy a bouquet of flowers
Let the sunshine in the window	Write in your journal	Start your day with something for you	Start a Gratitude journal
Say your goals out loud	Learn something new	Pamper yourself	Sleep for 8 hours
Create a bucket list	Practice yoga	Cook your favorite food	Write down your goals
Practice a hobby	Spend time with a friend	Compliment yourself	Practice deep breathing