



# SELF-LOVE CHALLENGE

Welcome to your self-love challenge! Congrats on investing time in your future you. These short challenges are meant to get you out of your comfort zone. When a situation feels uncomfortable, it means your learning and growing, so keep going, your future self will thank you.

Instructions: Tackle on a new challenge every single week. Truly invest yourself in the exercise to get the full results. Find a notebook where you can write down all your answers and thoughts from these exercises. Reflect on the experience after every challenge. Once you're done, drop me a note to let me know how it went!

*You got this!*  
*Love, Marie*

# My Self-Love Challenge

*Let's go!*

## Self-Love Challenge #1 - Daily love

When getting ready in front of the mirror, give yourself a compliment every day for a full week. Try to make it different every morning. And don't forget, you're trying to find things you love about yourself, these should not only be physical aspects. Write them down in your notebook.

## Self-Love Challenge #2 - Gratitude attitude

Integrate gratitude in your day. Try to integrate this in your routine so it happens at a specific time and at a specific place during the day, such as when you are taking your morning coffee, or right before bed. In your notebook, write 3 things you're grateful for every day this week.

Gratitude puts things in perspective, instead of focusing on the negative, we zoom out and realize all the wonderful things around us and what truly matters.

## Self-Love Challenge #3 - Cleaning time!

De-clutter your life & get rid of things that no longer serve you. Everything around us can impact how we feel, so let's do a little clean up. Start by reviewing the social media accounts you follow - which ones help you with your goals and which ones bring you down? Same thing with your email subscriptions.

Then, clean your home and closet, donate items you no longer need and throw away things that should be in the trash (like old receipts and coupons!).

Lastly, reflect on your relationships and your habits. The goal: only keep what is valuable to you and what helps you get closer to the best version of you. In your notebook, write down what you got rid of and why, how did it feel? What did you notice from this exercise?

*You're doing awesome!*

## Self-Love Challenge #4 - Alone with your thoughts

Find at least 20 minutes during this week where you can be completely by yourself. If you can do this more than once during the week, even better!

Find somewhere peaceful: go for a walk, take a bath, take a drive, etc. The goal is to go somewhere you can be alone with your thoughts. No music, no distractions. Ask yourself these 3 questions and see what comes to mind. After your reflection, write the answers down.

*What is stopping me from being my best self? If I knew I wouldn't fail, what would I do differently in this lifetime? What do I want to be remembered for?*

## Self-Love Challenge #5 - Revisiting boundaries

Boundaries are the rules you set for yourself on how you want to be treated. This week, let's revise them. Every day notice situations that occur and spot areas where you feel you should have better boundaries.

At the end of each day ask yourself, what are situations that bothered me? Why? Write down a boundary to can help mitigate this for the future. Ex: I will not look at my work emails once I am done for the day so I can spend quality time with my family. Including the *why* helps remind us why we have set that boundary. Try setting 3-5 boundaries.

## Self-Love Challenge #6 - Love letter

This week, write a letter to your future self. Don't overthink it, you're the only person who will read it, so truly invest your heart and soul into it without judgement. Tell your future self from 1 year from now what your hopes are for your future you, what are you working towards? Why? What do you hope to achieve? What do you need to do to get there? Tell yourself how you feel about you. What commitments and investments are you making towards your future self? Store this letter somewhere safe, and pull it back out one year from now.

Congrats! I'm so proud of you for taking these steps towards growing your self-love. Drop me a note and let me know how it went! Check out more tools at [mariewithlove.ca](http://mariewithlove.ca)

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