

SELF-LOVE

30-DAY GUIDE



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LOVING YOURSELF

Be gentle with yourself, learn to love yourself, to forgive yourself, for only as we have the right attitude toward ourselves can we have the right attitude toward others."-
Wilfred Peterson.

Self-love can be a tricky subject: on the one hand it may feel selfish, syrupy, a sort of hippie-lite form of awakening. In many cultures, putting others before the self is frequently idolised as a virtue, while working on self-love is seen as indulgent. Perhaps it would be better to use the term self-compassion to avoid associations with those who love themselves a bit too much. In any case, treating yourself kindly and with respect is absolutely at the centre of any self-development practice, and is in fact core to our ability to become who we are supposed to be in the world.

To this end, undertaking a self-love/compassion practice is incredibly useful to healing old wounds. Issues of guilt, shame, fear and anger all centre around issues of compassion. Practicing heart-centred modalities such as yoga, metta meditation and undertaking psychological therapies such as CBT can help us find a way to love and respect ourselves at a deeper level. Making space daily in our lives for a dedication to ourselves helps cultivate self-regard and compassion, not only for ourselves but for others also. When we truly love ourselves we will be generous, open-hearted, kind and love completely. Here we present our 30-day self-love challenge, based on our practices at the foundation. You may wish to keep track of your progress in a journal or notebook.



DAY 1-10

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Day	The Challenge	Your Notes
1	Face your reality. Write down five things you love about yourself, and five you do not. What is it about these things that you like/ do not like? Use these as your focus throughout the month.	
2	Metta Meditation. Our very own Joey guides you through a metta meditation, otherwise known as loving-kindness. Taking as little as 5 minutes per day, this meditation helps you connect with your own agency and ability to love open-heartedly.	
3	Write down the nasty things that come up when you meditate on 'I treat myself with kindness and compassion. I am worthy of love.' These are your limiting thoughts. Write them down and really examine them. Are they true? How can they be countered?	
4	Meditate on your best possible self. Repeat in your head: 'I love you, I accept you, you are me.' See if you can integrate this into who you really are. Repeat the mantra. Finally, complete a drawing or painting of this person.	
5	Take a walk in nature. Take a seat under a tree and feel your connection to nature, how the energy that flows through you is also present in the tree, and the environment around you. You are part of the giant ecosystem of life. You are valid.	
6	Consider what you would tell your own small child about life. Consider how many of these things you received as a child. Try sending metta to yourself as a child.	
7	Write a poem about self-compassion. Select an event in your past where you were not kind or respectful about yourself. Poetry accesses a different part of the brain than longhand journalling, often releasing deep subconscious feelings. Focus on exploring emotions, not artistic merit, and you need never show anyone your work.	
8	Dance is an excellent form of self-expression. Choose some music that you love. Cut loose somewhere you will be free from distraction, other people and perhaps most importantly, mirrors.	
9	Focus on your diet. Does it allow you to function with self-compassion, or are you selecting foods based on craving and aversion?	
10	Understand that to err is human. Choose a situation in the past that while negative at the time, has resulted in positive outcomes. Most negative experiences can lead to positive outcomes, if we are open to it.	

DAY 11-20

11	Pamper yourself. Get a massage, use a face mask, buy good chocolate and spend the night in watching an inspiring movie. Look after you.	
12	Practice gratitude. Before you go to sleep, think of 3 things you are grateful for. Choose a 'gratitude rock' to place under your pillow every night to remind you to do this.	
13	Watch a sunrise or sunset. Contemplate the beauty that is all around us.	
14	Consider a month-long social media embargo. As powerful as it can be as a tool for promotion and connection, social media use has also been linked to poor mental health .	
15	Look for books on self-love. Examples include 'The Gifts of Imperfection' by Brene Brown , 'The Six Pillars of Self-Esteem' by Nathaniel Branden and 'Learning to Love Yourself: Finding Your Self-Worth' by Sharon Wegscheider-Cruse .	
16	Rearrange and clean a living space. Having an attractive environment in which to live, learn and create will help build your self-love from the outside-in.	
17	Consider your exercise (or lack of) exercise routine. Does it make you feel better about yourself, or are you punishing yourself? Do you enjoy it? It might be time to mix it up. Research online for classes and facilities in your area.	
18	Is there a skill you've always wanted to develop? Playing an instrument, learning to cook more effectively, or perhaps something creative? Self-love is tied to self-expression.	
19	Have you found your tribe? Being part of a supportive social circle can help foster self-love. Try Meetup.com for interest groups active in your area.	
20	Make a list of your achievements. Sometimes seeing it helps us own our successes. These do not need to be big achievements: on some days, just getting out of bed and going to work is a success. Put it down.	

DAY 21–30

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21	Using a mirror, look into your eyes and repeat, 'I love you, I respect you, you are enough.' Watch your reactions to this. This is how you feel about yourself. Close your eyes, tune into yourself, breathe deeply, and try again. Be open to uncomfortable feelings and stay with the exercise.	
22	Visit somewhere you've never been. It need not be far – just a trip to another neighbourhood or town in your area will suffice. You may want to switch this for another day if it doesn't fall on a day where you have time.	
23	Consider your boundaries. Meditate on your solar plexus, seeing an aura of bright white light extending outwards until it completely surrounds you. This vision will help you maintain energetic boundaries throughout the day. If your aura ever feels ragged or under attack, find somewhere quiet and repeat.	
24	Write a letter to someone else in atonement for your anger. You need not mail it to them, but if you feel the need to, do it.	
25	Watch a sad movie. Many people are only able to cry openly when watching a film or series: this will help you release pain, anger and negativity.	
26	Attend a slow-flow yoga class. This will help you get in touch with your feelings towards yourself.	
27	Engage in therapy – this may include a massage, a visit to a psychic, a floatation tank, hypnotherapy, etc. Taking time to reflect helps us become aware of our patterns, the better to change them if needed.	
28	Do something nice for a stranger, without them knowing if possible. Regular giving, of time, energy or financially (if possible) will help you develop compassion and empathy, to yourself as well as others. The act of kindness cultivates kindness in the world at large.	
29	Consider how you could offer your skills in the community. Volunteering builds excellent connections between people, allows you to learn new things, and helps you practice non-attachment and gratitude.	
30	Reflect upon what you have learnt over the month. Write in a journal or notebook. You may want to give yourself a small gift for completing the challenge. Congratulations!	

