



## The Anti-Diet Lifestyle

### 30 Day Self-Love Challenge – Week 1

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<p><b>Day 1</b></p> <p>At every opportunity say out loud 'I am OK and I love myself'</p>	<p><b>Day 2</b></p> <p>Wear an outfit that you really love and look at your reflection as often as you can</p>	<p><b>Day 3</b></p> <p>Write at least 50 words about one thing you absolutely love about yourself.</p>
<p><b>Day 4</b></p> <p>Take a long bath or shower using your favourite soaps and lotions.</p>	<p><b>Day 5</b></p> <p>Listen to your favourite uplifting music.</p>	<p><b>Day 6</b></p> <p>Go for a walk somewhere new.</p>
<p><b>Day 7</b></p> <p>Take at least 5 photographs of beautiful things.</p>		

