



30 DAYS OF

Self-Love

Time to make loving yourself a priority.

BY ANGELA SIMSON

Radical
Self
Love
000

DAY ONE

Self - Love Letter

Write a love letter to yourself.

Create it as though you're
telling someone you care about deeply
just how incredible they are.

List your special qualities, features and
things that make you uniquely you.

Keep it somewhere safe!

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DAY TWO

Meditate

Maybe you do it daily. Maybe sometimes.
Maybe never.

Today, sit quietly and focus inside for
at least 5 minutes. Still your mind
and completely focus on your breath.

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DAY THREE

Create a Ritual

Rituals create calm and balance,
especially in the morning.
Choose something nourishing to your
body and mind. Dry body brushing,
lemon water, or even a relaxing stretch
as soon as you wake-up.

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DAY FOUR

Take a Bath

And make it super special.

Light some candles, make yourself an amazing all natural body scrub and chill!

Read a book or listen to music.

Whatever feels right to you. If you don't have a tub, find somewhere to submerge yourself in water and just float.

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DAY FIVE

Eat Mindfully

You've probably heard it before but we all need to be reminded. Today, eat without distraction, no phone, tv or work in front of you during meal times. Chew every bit 20 times. Focus on the taste, texture and smell. Be present.

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A top-down photograph of a person's feet on a sandy surface. The feet are positioned at the top of the frame, with the toes pointing towards the center. The sand is a light, warm tone. The lighting is soft, creating gentle shadows around the feet.

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DAY SIX

Go Barefoot

For as much of the day as possible!
Leave your shoes at home and find a
beautiful place to get grounded.
There are so many benefits to feeling the
earth through the soles of your feet.
Not just for your body but also your mind.

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DAY SEVEN

Tech-Tax

Yes this is really happening!
Leave your phone at home, better yet,
turn it off! Even if it's just half the day or
at meal times, have some tech-free
time today.

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DAY EIGHT

Delegate

One thing I notice us busy
love junkies have trouble doing is passing
on tasks we don't enjoy to others.
Today I want you to delegate one thing
to a family member or colleague.
Stop trying to do everything.

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DAY NINE

Write Your Fears

This can be extremely powerful.

We all have fears, but it's common to try and ignore them. Having a clear view of your fears in life will help you overcome them, which is why I want you to write them out!

Take your time and focus on what pours on to the page.

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DAY TEN

*Schedule Your
Time*

Committing a day and time to do something you love is a trait all self-care junkies have in common. As Marie Forleo says, "if you don't schedule it, it isn't real". Make a date with yourself, even just reading a book or pampering yourself.

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DAY ELEVEN

Gaze at the Stars

When the sun has gone down
set up an area where you can stare into the
sky and get lost in the stars.

You can be alone or take someone with you.

Just be sure to marvel at the vast depth
of the universe above you.

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DAY TWELVE

Start a Journal

You may have noticed there is a lot of putting pen to paper during self-care month. Because I believe letting your thoughts flow onto paper can be extremely eye opening and empowering.

For one day or more, try writing instead of getting lost in your head.

DAY THIRTEEN

Declutter

Tomorrow I want you to put aside time to declutter
an area of your home that causes you stress.
I know that if I can't find something I need in the
morning it throws me off and I get frustrated.
Create organisation and clarity in an area you
don't already see it.

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DAY FOURTEEN

*Buy Yourself
Blooms*

Don't wait for someone else to surprise you with a bunch of flowers. Buy your own. You 100% deserve to spoil yourself.

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DAY FIFTEEN

Write Your Dreams

Another huge self-care task is admitting your dreams to yourself. Time to write them down and look back at your *fears letter* from two days ago. Work out where your fears are restricting your dreams. Once you become aware it's almost crazy how much easier they seem to be to overcome.

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DAY SIXTEEN

Pamper Yourself

Time to spend another night focusing on yourself. Get out your favourite natural face mask, paint your nails, and do something that makes you feel incredible.

Schedule in some *you* time.

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DAY SEVENTEEN

Create Boundaries

Notice the people and places that you feel drain you. Check in with your mind before exposing yourself to these situations. Creating new boundaries can be the biggest step to self-love. Choose to be surrounded by light.



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DAY EIGHTEEN

Eat Clean

Today I want you to commit to eat
100% clean for the entire day.
By clean, I mean no packaged foods,
just things from the earth—fruit, vegetables,
whole grains, nuts, seeds, legumes.
Just one day and see how you feel.

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DAY NINETEEN

Watch the Sunrise

Or sunset if you honestly can't get to a sunrise. Check Google for the correct time, set your alarm and be somewhere you can see it happen.

Bask in the energy it gives and be grateful for the moment.

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DAY TWENTY

Get in to Nature

Schedule time to get out into nature. Either head to the water or get lost in a park. Just do something that takes you completely into nature. Get your shoes off, lay on the ground and enjoy the feeling of the world holding your weight beneath you.

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DAY TWENTY-ONE

*Go Somewhere
New*

Time to explore. Is there somewhere you've wanted to go or a beautiful area you could get lost in? Even just jump in the car and drive until your intuition tells you to stop. Enjoy the unknown.

DAY TWENTY-TWO

Say 'I Love You'

To yourself. Time to really get deep and stop with the self-criticism. Stand in front of the mirror as often as possible today and remind yourself that you're amazing. Say 'I love you' and keep repeating it because its so easy to forget.

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DAY TWENTY-THREE

Treat Your Face

Spoil your skin with an all natural face mask.

Either make your own with some bentonite clay or blended oats and honey. Get creative! Nourish your skin and relax with a good book while the mask works it's magic!

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DAY TWENTY-FOUR

Write Your Goals

This is an important self-care task because writing down what you want to achieve is like making a commitment to you instead of leaving it in your mind. Start with goals for the week, then look at the month and the rest of the year.

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DAY TWENTY-FIVE

Smile All Day

Obvious reasons for this one, you'll be happier, you'll make other people happy!

Smiles are contagious, put a reminder in your phone every half hour reminding you to crack a smile and see how your day compares to those before!

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DAY TWENTY-SIX

Push Your Boundaries

I wish self-love was all affirmations
and beauty spas but the truth is to honestly
take care of yourself is to push yourself.
Is there something you've been putting off?

Take this as a sign and get out
there and do it!

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DAY TWENTY-SEVEN

Kitchen Afternoon

Taking care of you means taking care of what you eat and drink. Set aside time tomorrow to get your bake on. Make some healthy treats, prep salad stuff, cook some quinoa to keep on hand for salad and breakfast porridge.

Be super organised for the days ahead!

DAY TWENTY-EIGHT

*Create a
Happy Space*

Take time to create a space just for you. Somewhere at home where you can sit and be still with your thoughts. Have some candles, crystals, a plant or a gorgeous rug and make it somewhere you want to be. Your zen zone.

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DAY TWENTY-NINE

Embrace Strength

Today, you're going to release the superwoman that lives inside you. You know those things you want to do but you're unsure you can.

Do them now! Shut down your negative inner dialogue and embrace all the amazing qualities that can get you where you want to be.

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DAY THIRTY

*Reflect &
Acknowledge*

You're done! But at the same time you're just starting. If you've embraced each step of this journey then I'm so grateful for your effort. If you've floated in and out then you're just like me and I get it. Good work love junkies!

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ABOUT THE AUTHOR

Angela Simson

Angela Simson is a female health and happiness coach, writer and speaker. She is the creator of The Gratitude Project blog which inspires thousands of women to step into their light and live their best life. Angela is also the mind behind *30 Days Of Self-Love* and *The Gratitude Transformation* and has added cacao-filled joy into many kitchens with her recipe book *Treat Your Tastebuds*. Through her time as an Integrative Nutrition Health Coach, Angela has coached dozens of women personally through her private coaching practice and hundreds more with her online program.

Angela is one hundred percent committed to giving women the tools to completely change their lives through small acts of gratitude, tweaks in nourishing their bodies and the power to create what they desire in their relationships, career and personal lives.

Gratitude turns what we have into enough, sometimes we just need to clear the fog to see the magic right in front of us.

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