

Self-Love February

Lifestyle With Heather

- 1 Set This Month Intent
- 2 Hot Shower, and Exfoliate
- 3 Listen to your favorite song
- 4 Treat Yourself to Tea/Coffee
- 5 Sleep is essential, sleep in
- 6 Gratitude Meditation
- 7 Start your day with a motivational song
- 8 Do it's like its your BDAY
- 9 Light a new candle
- 10 Journal about your desires!
- 11 Read a self-help book
- 12 Be Selfish Light a Candle, take a bath!
- 13 Unplug from social media for a day
- 14 Buy you some flowers
- 15 Listen To Inspirational Podcast
- 16 Pay It Forward
- 17 15 Minute Yoga Morning
- 18 Have a conversation with someone you love
- 19 Solo Date Day
- 20 Take a Mindful Stroll
- 21 Prayer is Essential, take a spiritual moment
- 22 Put on your favorite fragrance
- 23 Eat Something that makes you feel good
- 24 DANCE DANCE DANCE
- 25 Where your favorite outfit
- 26 Be kind, sleep in 10 minutes longer
- 27 Do a face mask
- 28 Treat yourself to something nice