

- WRITE DOWN 10 THINGS YOU LOVE ABOUT YOURSELF
- GO TO DINNER, A MOVIE, OR SHOPPING ALONE
- TAKE A SELFIE AND POST IT ON INSTAGRAM
- PUT ON AN OUTFIT THAT MAKES YOU FEEL GREAT
- PAMPER YOURSELF - HAVE AN AT HOME SPA DAY
- DO A NEW KIND OF EXERCISE ACTIVITY
- DELETE ANY APPS YOU USE TO ALTER YOUR APPEARANCE
- REPEAT 3 AFFIRMATIONS IN THE MIRROR WHEN YOU WAKE UP
- DANCE IN YOUR UNDERWEAR
- BUY YOURSELF A BOUQUET OF FLOWERS
- CREATE A VISION BOARD
- MEDITATE FOR 5 MINUTES BEFORE STARTING YOUR DAY
- STAY OFF SOCIAL MEDIA FOR A DAY
- UNFOLLOW ALL SOCIAL MEDIA ACCOUNTS THAT MAKE YOU FEEL BADLY ABOUT YOURSELF
- COMPLIMENT A STRANGER
- PUT TOGETHER A DAILY TO-DO LIST WITH A DAILY GOAL
- DO ONE THING THAT SCARES YOU
- WRITE DOWN 3 THINGS YOU'RE GRATEFUL FOR
- WATCH A TED TALK THAT INSPIRES YOU
- DECLUTTER
- START A NEW BOOK
- TAKE A LONG BUBBLE BATH
- WORK ON IMPROVING YOUR POSTURE
- WRITE YOURSELF A LOVE LETTER
- PICK UP A NEW HOBBY
- COME UP WITH 5 POSITIVE THOUGHTS FOR EVERY 1 NEGATIVE THOUGHT
- CHANGE ONE SMALL HABIT
- LEARN SOMETHING NEW - DOESN'T MATTER WHAT IT IS
- MAKE A LIST OF YOUR ACHIEVEMENTS AND STRENGTHS
- DO SOMETHING YOU'VE BEEN PUTTING OFF