

# SELF - LOVE CHECKLIST



- ☐ Avoid meat , dairy , sugar , refined and processed foods , pasta , bread , rice , alcohol and coffee
- ☐ Increase your intake of fresh fruits , veggies , juices and water
- ☐ Drink at least 2 liters of water a day
- ☐ Take multivitamins to cleanse and revitalize your system
- ☐ Juice it! Try out some detox juice recipes or make yourself a smoothie
- ☐ Great each day with a big smile and gratitude
- ☐ Squeeze half of a lemon into a mug of hot water
- ☐ Roll out your yoga mat , take a walk in nature or dip in the ocean
- ☐ Get a manicure or pedicure
- ☐ Relax with a good book
- ☐ Meditate
- ☐ Daydream + doodle
- ☐ Sleep in
- ☐ Diffuse your fave essential oils
- ☐ Create a vision board
- ☐ Take a long , hot bubble bath
- ☐ Get a massage
- ☐ Apply an all-natural face mask for radiant skin

☐ Indulge in an ice cream cone

☐ Buy yourself flowers

☐ Take a nap

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