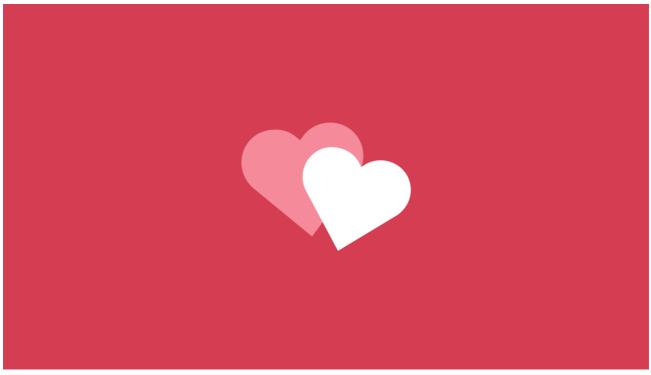
SELF - LOVE CHECKLIST



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	Make and Share Free Checklists
	checkli.com