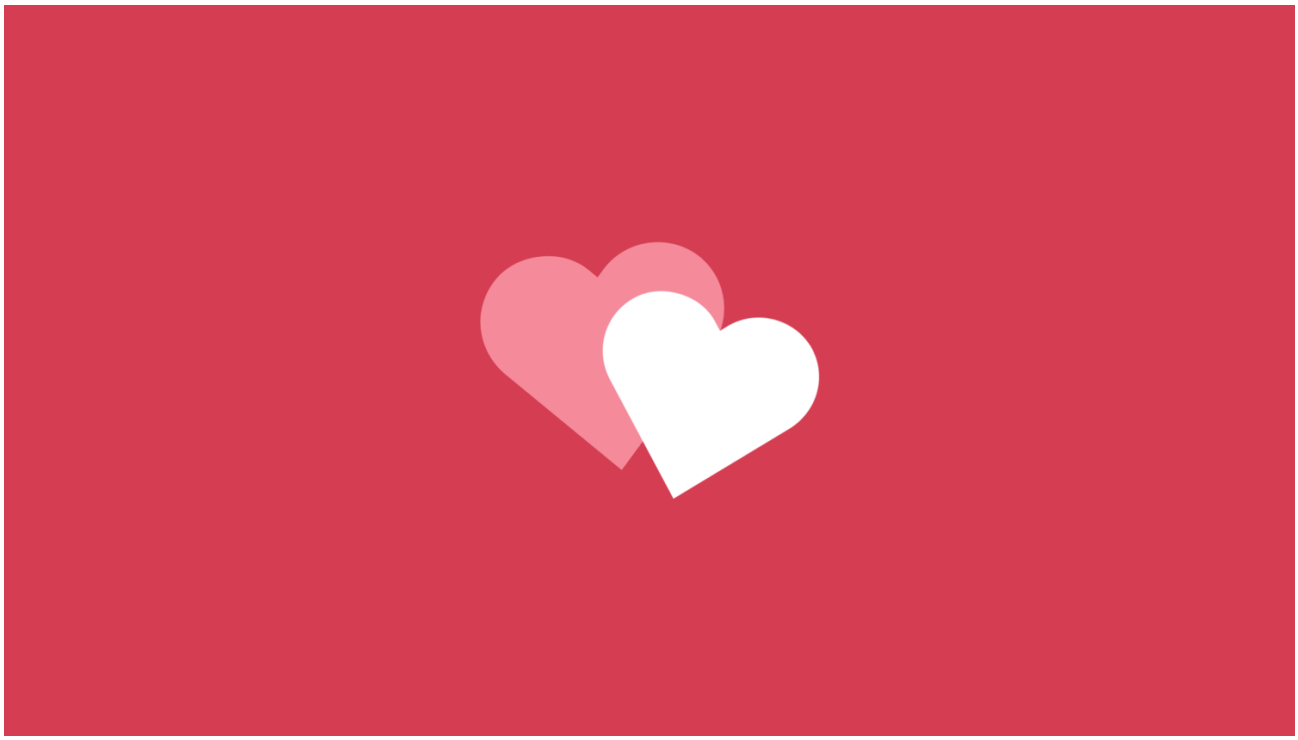
SELF - LOVE CHECKLIST



- [ ] 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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