

7 DAYS (& BEYOND) OF LOVE



PART 1:

Part 1 is all about bringing the love to you. When we love ourselves more, the more we can receive love from others and give love to others. It is so incredibly important that we take care of ourselves just as much as we take care of others.

7 THINGS I LOVE DOING.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

In what order are you going to do this?

Make a plan based on your week ahead so that you can fulfil each and every one of these things you love doing and tick them off as you go.

PART 2:

Write a love letter to yourself. Perhaps it's a love letter to the younger version of you, or maybe it's a letter addressed to who you are now, or even your future self, congratulating yourself on all that you have achieved. Allow the feels to arise, sit in it and really feel the love that you are pouring into yourself.



Questions that may come up for you:

What if I don't have 7 things I love doing?

That's okay – you can repeat your most favourite things as many times as you like.

What if there's something I love doing that I cannot do this week?

Make a plan to do it within the next 2 weeks. And replace it for something else that you love to fill the spot during the next 7 days

Do you have any suggestions?

It is all personal preference but if you are having a bit of trouble figuring this out (it's totally okay if you do) then have a look at a couple of suggestions below:

- Going to your favourite place to eat
- Having a bath
- Reading your favourite book or watching your favourite comedy
- Play fighting with your loved one (cannot really plan this but make a consciousness decision to add more playfulness into your week with your lover)
- Going for a walk in the morning before work
- Or you can add in a couple extras of what you have planned for the next 7 days (& beyond)

Have fun with this and try not to over think it at all. Follow what you feel comes up. There is no right or wrong 😊

