

7 DAYS (& BEYOND) OF LOVE CHALLENGE



Your Checklist ☺

Aside from the 7 things you love doing, we are going to make a conscious effort to achieve all of the below suggestions. Tick it off as you go, & sit in how nice it felt to do what you did. This will build self-love & trust and will give you a fulfilling feeling of accomplishment along the way. Hello happy endorphins!

In no particular order:

♥ Day 1 –

3 random acts of kindness - compliment someone, make your colleagues cup of coffee, give someone your paid parking, thank the bus driver. If you're in the city, sit with someone less fortunate & give them 5 mins of your day, message someone to say have a nice day. Or whatever it is you feel like you want to do.

♥ Day 2 –

Call a friend or family member that you haven't spoken to for a while for a chat and catch up. Even if it is to say sorry or amend things. It is time.

♥ Day 3 –

Tell all of the most important people in your life that you love them. And feel the love when you do it.

♥ Day 4 –

Sit down and reminisce on a time that you have felt immense love. Relive that moment and feeling. Or if you find it difficult to sit alone. Tell the story to someone so they can feel the love too

♥ Day 5 –

Treat yourself to something. Something that you've wanted for a while. A massage. A new hat. A dress for the weekend. Something! You deserve it xx

♥ Day 6 –

Give yourself a pat on the back for all your hard work & dedication both now and from your whole life. Recognise how far you have come and who you are. Life is a blessing. Recognise & feel that.

♥ Day 7 –

Spend some time today reflecting on how the last 7 days of love has felt for you. If you're loved up - express this with your partner over some vino. Tell them about the past 7 days. Remember vulnerability is courage and you are completely safe to be vulnerable. If you're flying solo - feel free to share your experience with whom you wish. Take yourself out. Organise a cute dinner with your fellow solo pals.



Love yourself the way you want someone to love you. Buy yourself your favourite flower or for you lads, buy your favourite game or something. Treat yo self!

♥ Day 8 & beyond –

Keep doing this! Maybe not daily but small changes can go a long way, in anything that we do.

♥ Maybe do something once a week instead and tick it off your list!

♥ Too often we're stuck in the materialistic side of love and social media side of what looks cool. But really, true love is what's inside and when the small things mean the most.

♥ Hopefully by the end of the 7 days you would have felt a shift within yourself and in your day to day life.

♥ If you haven't - then maybe you need a little bit more of this in your life to really get the feeling of love.

♥ If you have - amazing! Keep it going. Spread love everywhere.

All we need is a little more love in this world

