

Self Love Wellness Invitation

Day 1

Today's Target



Helpful Tip: Grab the fragments!

If you have time, go for a 15 or 30-minute walk. If not, make the most of what you've got! Ex. Take the stairs by 2's, take a break, do 10 squats, or park far away from the store! It all adds up!

Today's Goal and Intention:

MOOD at Start of Day



MOOD at End of Day



Water Intake:  - cups

The most effective way to
do it, IS T♥ D♥ IT!

- Amelia Earhart

Thoughts and Reflections:

Key Takeaway/Insight to carry forward:

Self Love Wellness Invitation

Day 2

Today's Target



Helpful Tip: Pause and reflect—Has life been going so fast that you've had little time? Slow down and investigate which part of you is calling for attention, are you most in need of nourishing food, deep rest, or time to feed your soul? Identify the area that needs more focus, and gift yourself one small act that breathes life into you today.

Today's Goal and Intention:

MOOD at Start of Day



MOOD at End of Day



Water Intake:  - cups

Healthy is not merely the absence of disease. It is the **BALANCE**  **MIND, BODY, AND SOUL.**

Thoughts and Reflections:

Key Takeaway/Insight to carry forward:

Self Love Wellness Invitation

Day 3

Today's Target



Helpful Tip: Routines are useful, but the autopilot they create can limit our mindset and narrow our possibilities. Shake things up and expand your mind! Read an article on a new topic, take a different route to work or the store, or watch a documentary. Growth starts with curiosity.

Today's Goal and Intention:

MOOD at Start of Day



MOOD at End of Day



Water Intake:  - cups

**Your perspective will be either
YOUR PRISON or
YOUR PASSPORT**

- Sope Agbelusi

Thoughts and Reflections:

Key Takeaway/Insight to carry forward:

Self Love Wellness Invitation

Day 4

Today's Target



Helpful Tip: We often hold onto things simply because they're familiar—whether it's an item we no longer use or a wall we've built around our heart for self-protection. However, not everything we carry still serves us. Ask yourself: What am I holding onto that I no longer need? If something is weighing you down, give yourself permission to release it today.

Today's Goal and Intention:

MOOD at Start of Day



MOOD at End of Day



Water Intake:  - cups

RELEASE something old that no longer serves you, so that you can **CREATE** space for something new that will!

Thoughts and Reflections:

Key Takeaway/Insight to carry forward:

Self Love Wellness Invitation

Day 5

Today's Target



Helpful Tip: Positioning your choices to coincide with your values creates a foundation for well-being. Consider what truly matters to you. Is your time, energy, finances, and attention—moving you closer to those values? If not, identify one small shift you can make today to realign with what feels most authentic and fulfilling.

Today's Goal and Intention:

MOOD at Start of Day



MOOD at End of Day



Water Intake:  - cups

Your core values provide the **COMPASS** that keeps you moving in the right direction.

Thoughts and Reflections:

Key Takeaway/Insight to carry forward:

Self Love Wellness Invitation

Day 6

Today's Target



Helpful Tip: Are there areas in your life where you feel unheard? It's hard to advocate when communication is a struggle. Identify a SAFE friend and practice expressing your thoughts, feelings, and boundaries. What is one small step you can take to voice your needs? Try writing down your emotions and thoughts before sharing them to bring yourself some clarity, and build confidence by speaking up in low-pressure situations.

Today's Goal and Intention:

MOOD at Start of Day



MOOD at End of Day



Water Intake:  - cups

COMMUNICATION is not about
saying what we think. It's about ensuring
others **HEAR WHAT WE MEAN.**

- Simon Sinek

Thoughts and Reflections:

Key Takeaway/Insight to carry forward:

Self Love Wellness Invitation

Day 7

Today's Target



Helpful Tip: Pausing may seem small, but it empowers us to respond with clarity and limit impulsive reactions. The next time something provokes or upsets you, take a deep breath before responding. Step away to gain perspective. Remember, you don't have to commit immediately—give yourself time to reflect on whether it aligns with your values. Even in moments of urgency, a brief pause can create the space needed to respond with intention.

Today's Goal and Intention:

MOOD at Start of Day



MOOD at End of Day



Water Intake:  - cups

MINDFULNESS is a pause- the space between stimulus and response: THAT'S WHERE CHOICE LIES.

Thoughts and Reflections:

Key Takeaway/Insight to carry forward: