

# October 2022 | 31 DAY SELF-LOVE CHALLENGE

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1



Stretch while diffusing your favorite calming oil.

2



Read for 30 minutes.

3



Create a to-do list. Complete at least one of the things on the list today.

4



Buy yourself a small treat that you've been eyeing for a while.

5



Go to bed on-time or early (Try using Blissful Dreams to help you fall asleep!)

6



Set aside 15 minutes to stretch & move your body differently from your routine.

7



Declutter one small area of your house.

8



Do something that makes you smile or laugh.

9



Take care of your skin! Try a DIY face mask with one of our recipes on the blog.

10



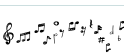
Diffuse **Self Care** Essential Oil Blend!

11



Clear out your junk drawers & mail stack. Make a to-do note. Set bill pay reminders.

12



Turn on music & dance! Try our Energy Roll-On for a mid-day energy boost.

13



Set aside time to make your annual Doctor Appointments.

14



Make your favorite meal.

15



Call a friend or loved one, just to chat!

16



Try drawing or coloring for 20 minutes. Unleash your creativity!

17



Meditate while diffusing one of our chakra blends.

18



Play your favorite workout jams & get moving!

19



Write down 10 things that you are grateful for before going to bed.

20



Go outside in bare feet & feel the earth beneath you. Take a deep breath.

21



Take a detox bath with our healing clay & your favorite EOs. Find recipes on our blog.

22



Pay it forward. Buy a stranger's coffee! Show acts of kindness when you see an opportunity.

23



Meal prep for the week.

24



Take a walk/stretch before starting your work day.

25



Practice mindfulness. Write down your wins for the day or month.

26



Journal for 15 minutes.

27



Put in your headphones & listen to your favorite song - no interruptions, no distractions.

28



Take yourself out to dinner.

29



Create a vision board or junk journal. Focus on what happiness is to you!

30



Write a loved one a letter. Tell them how much they mean to you!

31



Write down a list of things you love about yourself.