28 DAYS OF SELF-LOVE

February is the month of (self) Love! Self-love is the regard for one's own well-being and happiness. Here is a list of things to do for yourself as your practice self-love:

1. Before going to sleep tonight, write something you are proud of doing today.

2. It's Candlemas today, treat yourself to fresh flowers and put them in a favourite room

3. Go on a date by yourself - a movie, hot cocoa

4. On today's New Moon, use it as a chance for a fresh start and try something new you have always wanted to do

5. Spend time with someone who loves you as you are

6. Write a story of a favourite memory from your past

7. Paint your nails and notice your hands for the care you gave them

8. Read a book just for fun

9. Play - get some clay or watercolours and just follow your creative flow

10. Dress up and go the the grocery store

11. Spend the day with self-compassion and not comparing yourself to others

12. Go to bed 30 minutes before you usually do

13. Find a favourite mantra, print it out and post it somewhere you can see it

14. Treat yourself to a gift you have been wanting to indulge in

15 Write a love letter from your future Wise Self to your present self

16. Watch your favourite movie and stay home

17. Listen to your favourite song and dance it out

18. Take 10 minutes to breathe and connect with your breath. Do a body scan

19. Say No - Take a break from someone in your life who makes you feel down

20. On today's Full Moon, go for a walk in nature - a mindful one where you feel the breeze, hear the sounds, notice your steps, see the colours

21. Eat your favourite dessert

22. Take a relaxing bath with a rose quartz crystal or lavendar oil

23. Stand in front of a mirror and talk to yourself - say something positive about yourself

24. See your mistakes as valuable lessons and forgive yourself for something

25. Give yourself a self-massage or book one

26. Have sex - doing something sexy with yourself or someone else

27. Take a break from social media for a day

28. Eat a healthy meal - you can make it or order in

vania