

28 DAYS OF SELF-LOVE

February is the month of Love! Self-love is the practice of giving regard for one's own well-being and happiness. Here is a list of things to do for yourself to help you embody self-love:

1. Eat your favourite dessert by candlelight
2. It's Imbolc today so get your home a new plant or seeds in anticipation of the new season
3. Go on a date by yourself - a favourite movie, hot cocoa, order a yummy meal
4. Stand in front of a mirror and notice yourself - say something positive about yourself
5. On today's Full Moon, write a story of a favourite memory from this past month
6. Go for a walk in nature - a mindful one where you feel the breeze, hear the sounds, notice your steps, see the colours
7. Paint your nails and notice your hands for the care you gave them
8. Read a book just for fun, light a candle and get cozy with it in your favourite room
9. Take a break from social media for a day
10. Dress up and go to the grocery store, buy yourself flowers while you are there
11. Before going to sleep tonight, write something you are proud of doing today.
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. Say it out loud
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. What is her guidance?
16. Spend time with someone who loves you as you are
17. Give yourself a hand-massage or book a full body one
18. Take 10 minutes to connect with your breath. Do a body scan or follow a meditation
19. Say No - Take a break from someone in your life who makes you feel down
20. Play - get some clay or watercolours and just follow your creative flow
21. On today's New Moon, use it as a chance for a fresh start and make a commitment to try something new this month that you have always wanted to do
22. Take a relaxing bath with a rose quartz crystal or lavender oil
23. Spend the day with self-compassion by not comparing yourself to others
24. See your mistakes as valuable lessons and forgive yourself for something
25. Reflect on a favourite erotic or fantasy and write it out - do you have a core erotic theme?
26. Do something sexy with yourself or someone else - wear sexy lingerie, do a strip tease
27. Listen to your favourite song and dance it out. Play it on repeat!
28. End the month with a foot soak - add dried flower petals, some essential oils and let the warm water cleanse you. Send some gratitude to your feet for grounding you this month.