

December of self-love

1. SAY 2 COMPLIMENTS TO YOURSELF WHILE YOU SHOWER.	2. PUT YOUR PHONE ON FLIGHT MODE FOR 1 HOUR.	3. DELETE OR UNFOLLOW 20 PEOPLE OR PAGES ON FB.	4. TAKE YOURSELF FOR A COFFEE/ WINE/GIN TONIC/ BEER.	5. "DON'T COMPLAIN DAY!"
6. WRITE 6 COMPLIMENTS TO YOURSELF AND READ THEM OUT LOUD TO YOURSELF IN FRONT OF A MIRROR.	7. ON THE STEAMY BATHROOM MIRROR WRITE "I LOVE YOU _____ (YOUR NAME)"!	8. FIND A LOVE SONG ON YOUTUBE AND INSTEAD OF DEDICATING IT TO SOMEONE ELSE – SING IT TO YOURSELF.	9. WRITE A LETTER TO YOUR INNER CHILD: "LOOK HOW FAR WE'VE COME DARLING..."	10. WRITE "I'M ENOUGH" ON 1 MIRROR IN YOUR HOME (WITH RED LIPSTICK!)
11. TRY AND CATCH ALL JUDGMENTAL THOUGHTS TODAY (FOR YOURSELF AND OTHERS)	12. TAKE YOURSELF TO A CINEMA – JUST YOU AND YOU.	13. WRITE DOWN 13 THINGS YOU ARE GRATEFUL FOR!	14. BOOK A MASSAGE/ HAIRDRESSER/SPA JUST FOR YOU.	15. MAKE YOURSELF A CHRISTMAS GIFT (SPEND NO MONEY ON IT, JUST LOVE AND TIME)
16. LIKE YOUR OWN POST ON FB.	17. WRITE 17 THINGS WHY YOU ARE PROUD OF YOURSELF (AS A HUMAN AND ENTREPRENEUR).	18. PUT YOUR HAND ON YOUR HEART AND THANK IT FOR BEATING.	19. SET A REMINDER ON YOUR PHONE/COMPUTER AT 9H, 12H, 15H, 18H, 22H: "I'M ENOUGH!"	20. SAY A LOVING NO TODAY!
21. WRITE A CHRISTMAS CARD TO YOURSELF "IN 2019 I CHOOSE THIS TO BE MY LIFE..."	22. CREATE A VISION BOARD ON PINTEREST "BECOMING ME – 2019 EDITION"	23. WRITE THOSE 17 THINGS YOU ARE PROUD OF AS A FB POST!	24. GIVE YOURSELF AN ORGASM OR ASK TO RECEIVE IT.	25. UNSUBSCRIBE FROM 5 NEWSLETTERS (IN YOUR EMAIL INBOX)
26. LISTEN TO YOUR BODY AND GIVE IT WHAT IT NEEDS (EVEN NUTELLA)	27. BUY FLOWERS FOR YOURSELF.	28. SEND THAT CHRISTMAS CARD TO YOURSELF VIA POST.	29. TAKE A NAP DURING THE DAY!	30. DELETE OR UNFOLLOW 30 MORE PEOPLE OR VFB PAGES.
31. CLEAN YOUR INBOX, SO YOU START WITH AN EMPTY ONE ON JANUARY 1ST 2019.				

