

Self-Love Weekly Planner

MONDAY

Let go of one negative thought (and try to reframe it).

TUESDAY

Schedule time to go to your "happy place."

WEDNESDAY

Drop the comparisons.

THURSDAY

Make a "what's working for me" list.

FRIDAY

Create (and practice) your self-love ritual.

SATURDAY

Forgive yourself.

SUNDAY

Tune into your needs.
