



# 12 Days of Self-Love For Christmas

## Day 1

Choose a positive affirmation to repeat for the next 12 days. What do you need to hear/be reminded of?

## Day 2

Say your affirmation to yourself. Connect it to your breath for 5 intentional breaths and notice how it makes you feel.

## Day 3

Say your affirmation to yourself, connected to your breath. Challenge yourself to say it out loud.

## Day 4

Write your affirmation and post it in your house, your work and your car. Repeat it to yourself every time you see it.

## Day 5

Say your affirmation to yourself. Choose a healthy and tasty snack to eat. When you eat it, take time to affirm how you're taking care of your body.

## Day 6

Say your affirmation to yourself in the mirror, looking yourself in the eye. Notice how it makes you feel.

## Day 7

Say your affirmation out loud, in a strong, clear voice. Challenge yourself to notice a positive attribute in another person and tell them.

## Day 8

Say your affirmation to yourself. Take 5 minutes to do something nice for yourself that has no cost. What is your soul craving most?

## Day 9

Say your affirmation to yourself like you believe it. Find movement today. Go for a walk, intentionally play, or find a yoga flow to follow!

## Day 10

Say your affirmation to yourself. Share it with a safe person you care deeply for.

## Day 11

Say your affirmation to yourself while placing your right hand on your left ribs, and left hand on your right shoulder, giving yourself a hug. Notice how it feels.

## Day 12

Say your affirmation to yourself and reflect on how it feels to say it now versus Day 1. Acknowledge if there was a change. Treat yourself to something that will make you smile.