



PRINTABLE 36-DAY SELF-LOVE CHALLENGE CARDS

By EmpoweredMebyHT

PRINTING YOUR CARDS

Print with an Inkjet or Laser printer. First and foremost, check to see the thickest your printer can handle before starting. Do a test print with regular paper first to see what the final look. Then experiment with a few different types. We recommend printing them on coloured paper using thick paper or card stock between 160-240gsm+ (60lb-90lb+). You can even use paper with a nice texture. I recommend Astrobrights brand 65lb Champagne Pearl and White Silver.

NO PRINTER AT HOME

Please save the file on a USB drive and take it to your print shop. Alternatively, you can email them the file. They will have a wide range of paper types for your selection. Most print shops will cut the cards to size.

DISPLAY

Cut them with scissors or a paper cutter. Then display them on a vision board as a reminder of what you need to focus on for the day. You can even carry them with you as part of your development journey.

BOX

The cards are 13 by 9 cm. If you don't keep the cards on your vision board, we recommend storing them in a small gift box. They are your guide to your self-empowerment journey. Thank you for supporting our little shop. We wish you a day that matters.

Please share your experience by posting it on
<https://www.etsy.com/ca/shop/EmpoweredMEbyHT>

NOTE: Printable SELF-LOVE CHALLENGE cards are for personal use only, not to be redistributed or resold without permission.

DAY 1

GOAL

Write about the challenges you want to overcome.

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DAY 2

NATURE

*Take a walk in nature.
What do you notice?*

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DAY 3

LOVE

Think about what brings you joy.

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DAY 4

PEOPLE

Call a friend & remind them of the moment they made you feel special.

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DAY 5

AFFIRM

Choose self-empowering language.

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DAY 6

TALK

No negative self-talk allowed today.

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DAY 7

TRANSPORT

Be thankful for what gets you from place to place.

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DAY 8

GIFT

Give yourself the gift of unconditional love.

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DAY 9
MUSIC

*Listen to a song
that makes you
feel
empowered.*

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DAY 10
ADVICE

*You are 99 yrs.
old, what advice
would you give
your younger
self?*

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DAY 11
RELATIONSHIPS

*Avoid
relationships
that hold you
back.*

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DAY 12
FOOD

*Indulge with
your favorite
food by
yourself.*

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DAY 13

WORDS

Google a quote on kindness and use that as your theme today.

www.empoweredme.ca

DAY 14

BUSINESS

Leave a note of gratitude & support your local business.

www.empoweredme.ca

DAY 15

COLOR

Get a coloring book & color without going outside the lines.

www.empoweredme.ca

DAY 16

STOP

Don't let roadblocks weigh down your self-worth.

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DAY 17

JOY

Think about what moment this month gave you joy.

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DAY 18

TOUCH

Give yourself a hand massage for five minutes.

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DAY 19

REFLECT

Think of something you can never live without.

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DAY 20

DRINK

Drink only water today (minimum one liter).

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DAY 21

LAUGH

Laugh 100 times today and watch a funny movie or episodes.

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DAY 22

MINDSET

Focus on a growth mindset and do something new.

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DAY 23

HEARTSET

Look in the mirror and warm your heart with kind words.

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DAY 24

HEALTHSET

*NO SUGAR
&
NO JUNK FOOD
DAY.*

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DAY 25
SOULSET

Note all the differences between who you were and who you are becoming.

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DAY 26
LISTEN

Walk outside and listen for eight different sounds.

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DAY 27
EVICT

Remove things in your life that are not serving you.

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DAY 28
HONOR

Your top 3 physical features and why you honor them.

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DAY 29

WRITE

A letter to your future self on how you overcame the fear of judgement.

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DAY 30

INSPIRATION

Post on your vision board an empowering quote written by you.

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DAY 31

FORGIVE

Make today a forgiveness day. Cuddle your loving self.

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DAY 32

SELF-LOVE

*Look in the mirror & say this 3 times:
"I love you; I am so proud of you; I am grateful for you."*

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DAY 33

EMPOWER

Give someone a compliment.

www.empoweredme.ca

DAY 34

MEMORIES

Spend time looking at old photos and happy memories.

www.empoweredme.ca

DAY 35

DECLUTTER

Make today a “no clutter day” and have an organized space.

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DAY 36

JOURNAL

Ten things you have learned after doing this exercise.

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