

SELF-LOVE

WORD OF THE MONTH: SOFTEN – MY GENTLENESS WORD FOR SELF-LOVE

HOW AM I FEELING TODAY?

WHAT DOES MY BODY NEED?

WHERE CAN I ALLOW MORE
SOFTNESS IN MY LIFE?

*What feels heavy that could be held more
gently?*



FEBRUARY CREATIVE CHALLENGE – SOFTEN

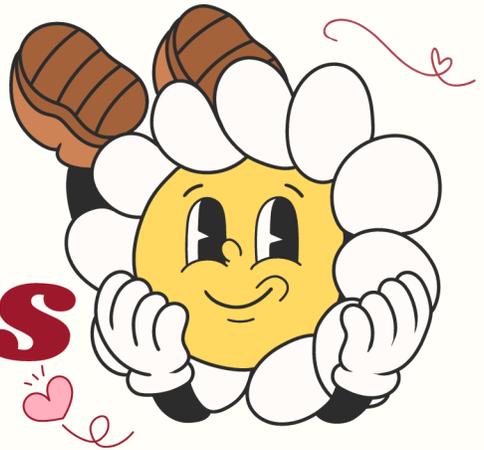
Create a soft self-portrait or abstract spread inspired by your reflections above. Use gentle colors, shapes, symbols, or textures. This is about feeling, not accuracy.

SOFTNESS MIGHT
LOOK LIKE:

- resting without guilt
- speaking to myself with kindness
- moving slower than usual
- letting something be unfinished
- asking for support



Self-Love Challenges



TOOK A WALK
ALONE

WROTE IN MY
JOURNAL

COMPLIMENTED
MYSELF

DRANK ENOUGH
WATER

TRIED A NEW
HOBBY

MEDITATED
FOR 10 MINS

SAID NO
WITHOUT GUILT

TREATED MYSELF
TO SOMETHING

WOKE UP
EARLY AND
STRETCHED

WROTE 3
THINGS I LOVE
ABOUT ME

TOOK A BREAK
WITHOUT
GUILT

DANCED LIKE
NO ONE'S
WATCHING

TOOK DEEP
BREATHS
MINDFULLY

SMILED AT
MYSELF IN THE
MIRROR

CHECKED IN
ON MY
EMOTIONS

REPLACED
NEGATIVE
THOUGHTS

