

Make a Bucket List

Self-Love

BUCKET LIST

♥ You deserve the love you so freely give to others. ♥

DONE?	#	ACTIVITY	SUMMARY
<input type="checkbox"/>	1	Journal Everyday – Even if it's for a Few Minutes	Spend a few minutes each day to write your thoughts, release emotions and gain clarity. It boosts mental health and helps you track your growth.
<input type="checkbox"/>	2	Practice Gratitude	Focus on the good things in life. Write down or think of three things you're grateful for each day to improve wellbeing and positivity.
<input type="checkbox"/>	3	Spend Time in Nature	Get outside and soak in the beauty around you. Nature reduces stress, lifts your mood and helps you feel calm and grounded.
<input type="checkbox"/>	4	Buy Yourself Flowers	Treat yourself to a bouquet and enjoy the beauty and scent. A simple reminder that you are worthy of love and joy.
<input type="checkbox"/>	5	Have a Daily Mantra or Positive Affirmation	Use positive words to set your focus and mindset. Affirmations can boost confidence and rewire thought patterns.
<input type="checkbox"/>	6	Take Yourself on a Date	Plan a date just for you. Enjoy your own company, explore new places and do what makes you happy.
<input type="checkbox"/>	7	Meditate	Take a few minutes to quiet your mind and breathe. Meditation lowers stress, improves focus and brings inner peace.
<input type="checkbox"/>	8	Have a Technology Detox	Step away from screens and enjoy 24+ hours of unplugged time. Reconnect with yourself and the things that matter.
<input type="checkbox"/>	9	Take up a Hobby	Do something you love! Hobbies spark joy, reduce stress and help you discover new passions and talents.
<input type="checkbox"/>	10	Read a Book	Lose yourself in a good book. Reading relaxes your mind, inspires growth and opens up new worlds.
<input type="checkbox"/>	11	Watch the Sunrise	Wake up early and watch the sun rise. It's a peaceful reminder of life's beauty and a great way to start the day.
<input type="checkbox"/>	12	Create a Self-Love Playlist	Curate songs that lift you up, calm you down or empower you. Music can change your mood in an instant.
<input type="checkbox"/>	13	Have a Spa Day	Pamper yourself with a day of relaxation. Enjoy treatments, sauna, pool and quiet time to recharge your body and mind.
<input type="checkbox"/>	14	Go on an Adventure	Break your routine and explore something new. Adventures build confidence and create unforgettable memories.
<input type="checkbox"/>	15	Go to Therapy	Talk to a professional and work through challenges in a safe space. It's an investment in your mental health and future.
<input type="checkbox"/>	16	Perfect Your Morning Routine	Start your day with intention. Hydrate, move, eat well and do what sets you up for a successful day.
<input type="checkbox"/>	17	Stick to a Nighttime Routine	Wind down, relax and get quality sleep. A consistent bedtime routine supports better rest and overall health.
<input type="checkbox"/>	18	Try an Alternative Treatment	Explore treatments like acupuncture, Reiki, massage or float therapy to reduce stress and support wellbeing naturally.
<input type="checkbox"/>	19	Cook a Healthy Meal	Nourish your body with wholesome, delicious food. Cooking can be relaxing and fuel your energy and mood.
<input type="checkbox"/>	20	Take up a New Type of Exercise	Find an activity you enjoy and get moving! Exercise boosts mood, energy and long-term health.
<input type="checkbox"/>	21	Reflect on the Way You Speak	Notice your self-talk and choose kindness. Positive words to yourself can transform your mindset and your life.