



The Ultimate

30-Day
Self-Love
Guide

Boost your self-worth & confidence to
live a life that is authentic to you.

www.anaturalchoicehwc.com



Hello you

Self-love brings you inner peace and the confidence to live in alignment to what is best for you. Many of us easily show love and compassion to others, but we are hard on ourselves. My mission is to expand your self-worth and it starts with this self-love guide.

For the next 30 days, you will be prompted with one self-love action per day. If you feel called to do so, you may rearrange the order of the 30 self-love actions. At the end of 30 days, you will have a clear idea of self-loving actions which you may wish to continue for months ahead.

Starting new habits and changing your way of life is not always easy. I am here to affirm you that you are free to postpone or even skip activities which do not resonate with you at this moment.

I am honored to go through this fulfilling self-love journey with you. I wish you all the best and may you have a life-changing month ahead.

30 DAYS OF SELF LOVE

DAY 1

Be with positive people

Think of 3 people in your life who lift your mood, make you feel inspired and are supportive of your endeavours. Consciously plan to meet or communicate with them more often. Schedule a coffee meetup or chat with one of them today.



30 DAYS OF SELF LOVE

DAY 2

30 Minutes of 'Me-time'

Your best ideas + solutions come to mind when you some spend time in solitude. Allocate 30-60 minutes of solitude time today. Take a long walk, sit in a park or spend time with yourself alone at home. One rule though: you have to be free of tech devices. You will notice solutions to problems or inspired actions pop into your mind.

30 DAYS OF SELF LOVE

DAY 3

Get inspired!

Today is time for you to feel optimistic + inspired about your goals. Choose an uplifting podcast or audiobook to listen to. If you prefer visuals, read motivating articles or stream motivating videos on Youtube. It is best if you can make this a daily habit! Set aside 30-60 minutes of time to get inspired everyday.

30 DAYS OF SELF LOVE

DAY 4

Eat 1 healthy meal today

If you are consistent about clean eating, good for you! If you need help in this area, you can start by eating 1 healthy meal a day. Choose clean, wholesome food which is the least processed. If you are ready to make this an everyday habit, you will feel more alert and energised in your day-to-day life.

30 DAYS OF SELF LOVE

DAY 5

Change your negative thoughts

This is easier said than done, but
you can start small today.

Pinpoint 1 negative thought
which you want to change.

Challenge it. Ask yourself, "Is this
thought 100% true? Can I list
down some evidence which
prove that this thought is NOT
true? Can I create a new, more
positive thought to replace this
unhelpful thought?"



30 DAYS OF SELF LOVE

DAY 6

Practice being present

The present moment is all we have right now. Instead of looking forward to the future, how about being thankful for the beauty of 'right now'? You can also be present whilst washing the dishes, meditating, journaling or doing enjoyable activities which do not require tech devices. Being present helps you make good decisions everyday.

DAY 7

Meditate to reduce overthinking

Meditating helps to keep your thoughts under control. It calms you, gives you perspective + you feel more alert after that. You can get wonderful guided meditations for free on YouTube. Set aside time to meditate for as long as you like, today. *Pro-tip: choose a guided meditation which you feel particularly drawn to.*

A background image of a woman with long brown hair, wearing a black top and a patterned skirt, smiling and holding a smartphone. The image is slightly blurred and has a soft, warm tone.

30 DAYS OF SELF LOVE

DAY 8

Simplify your social circle

Today, you will be taking note of friends who 1) want you to succeed 2) celebrate your 'wins' 3) coax you to do better without losing your identity. Who are these lovely people in your life? You may be surprised to realise that not many people fit this criteria. Make a mental note of who they are, and appreciate them today.

30 DAYS OF SELF LOVE

DAY 9

Say 'No' and set healthy boundaries

Is there something you keep doing even though you hate doing it? Strategize how you can say 'no' to such activities politely. Or arrange for alternatives to make those disliked activities more likeable. If you suspect that someone is taking advantage of your kindness, today is time to plan how to say 'no' without hurting the relationship.

A woman with long dark hair, wearing a white short-sleeved dress, is sitting on a white folding chair. She is looking down and to the side with a thoughtful expression. The background is a soft-focus indoor setting.

30 DAYS OF SELF LOVE

DAY 10

3 things you love about your physical beauty

Is there something you appreciate about your physical beauty? Your expressive eyes, your clear skin, or perhaps your genuine smile? If you look hard enough, you can find 3-5 areas of your body which you love. Take note of them and appreciate your physical beauty today (in fact, everyday!).

30 DAYS OF SELF LOVE

DAY 11

Stop comparing yourself today

If your friends are in high-earning jobs and you are not, it's hard not to feel your stomach clench when they talk of their important jobsopes and shopping sprees. Is there an area in life which you always compare yourself against other people? Does this mean you want more of '*that thing*' in your life? What can you do to get '*that thing*'? Brainstorm your ideas and write them down.

30 DAYS OF SELF LOVE

DAY 12

Celebrate your inner beauty

You possess beautiful qualities which can create positive change.

What are those qualities? Jot down at least 10 of those wonderful qualities that you have. *Write spontaneously without censoring yourself & keep this list private if you wish.* What can you do to enhance and use these 10 life-changing qualities to benefit the world or people around you?



30 DAYS OF SELF LOVE

DAY 13

Celebrate small wins today

It's common for us to remember things that have gone wrong in our lives but forget things which have gone right. Today, let's celebrate small wins. Write 3 small wins or successes which make you feel satisfied, happy or proud of yourself today. For example, If you are trying to eat clean and managed to avoid the candy dish today, it's a win!



30 DAYS OF SELF LOVE

DAY 14

Respect your own wants

Many of us are easily influenced by other people's views. If you notice that your decisions are always swayed by other people's input, it's time to respect your own voice today. Is there something 'off the beaten path' which you would like to do? What is it? What is holding you back? What is one *small* step you can take to pursue it? Write it down!

30 DAYS OF SELF LOVE

DAY 15

Forgive and be kind to yourself

We can be kind with other people but very hard on ourselves. Have you done something which you are not at peace with? Be compassionate with yourself about it. Dig deep & ask: *Why did I do 'that' in the first place? Was I driven by fear, anxiety or lack of knowledge? If my kids did the same thing, what would I do to be understanding towards them?*



30 DAYS OF SELF LOVE

DAY 16

Choose positive thoughts & feel good

Positive thoughts are thoughts which support you and your goals. Choose thoughts which make you feel good. Use your feelings as a compass - if you feel upbeat and optimistic, it means you have positive thoughts in your mind. Your task today is to make yourself feel good as much as you can.

A background image showing a person's face and hands. The person is wearing a grey sweater and is holding a white pen, writing in a white notebook. The image is slightly blurred, focusing on the text overlay.

30 DAYS OF SELF LOVE

DAY 17

Start changing an unhelpful belief

Changing beliefs takes time because they have been ingrained in us for possibly decades. You can start by identifying one core negative belief which you want to change. Next, find several evidence to 'shoot holes' and disprove this negative belief. This helps you to start questioning if your unhelpful belief is true!

30 DAYS OF SELF LOVE

DAY 18

Create a life-changing affirmation

Affirmations work because when you tell yourself something repeatedly, your subconscious mind starts to believe it. Create an affirmation which feels good & expansive to you. It's best to say the affirmation to yourself during "high-vibe" moments in the day when you feel upbeat and optimistic. Practice this for 30 days (or more)!

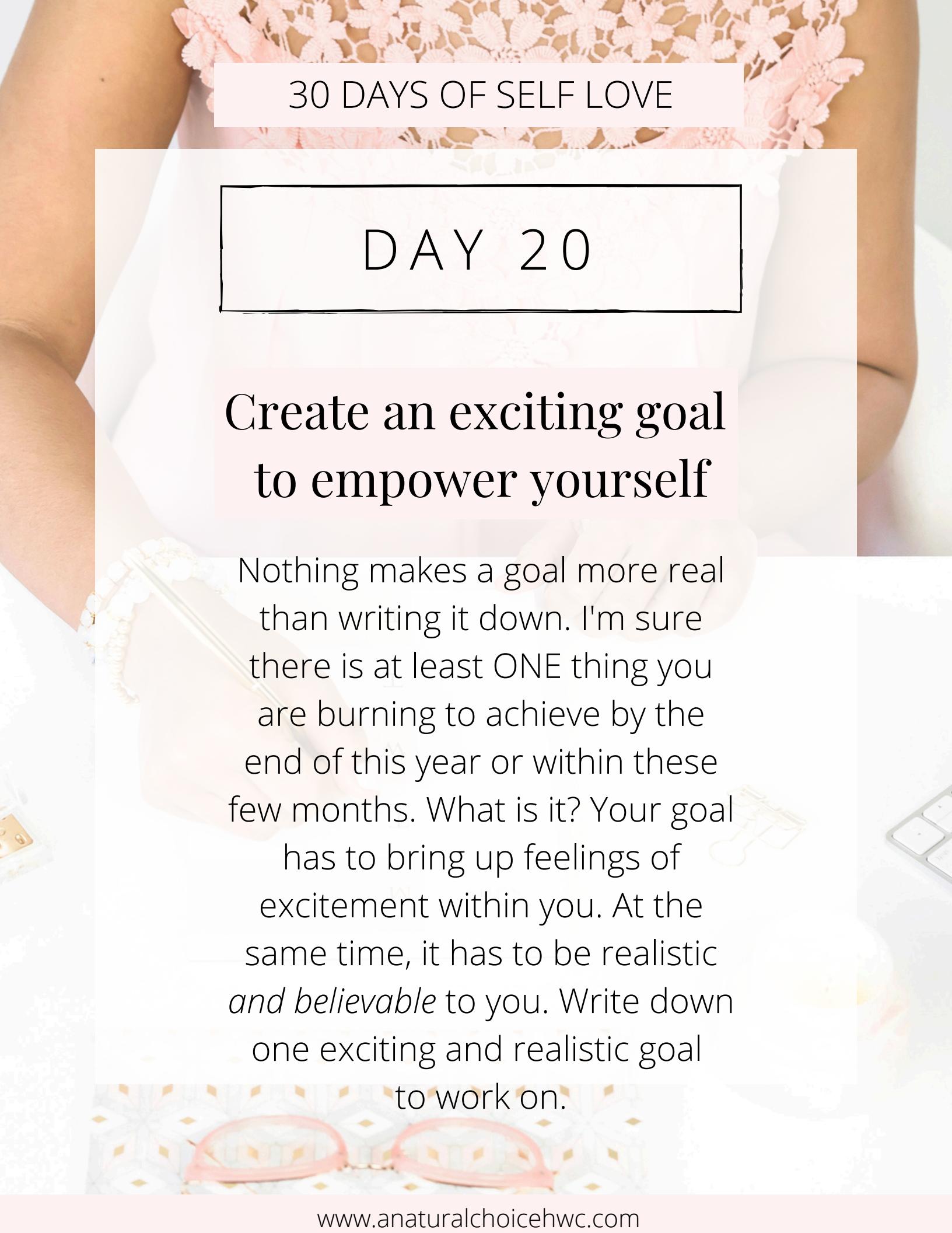
A woman with dark skin and short hair is shown from the chest up, wearing a light blue tank top. She is holding a white card in her right hand. The background is a soft, out-of-focus light blue. Overlaid on the image are three text boxes: a pink box at the top with the text '30 DAYS OF SELF LOVE', a white box with a black border in the middle with the text 'DAY 19', and a pink box below that with the text 'Say good things only!'. Below the pink box is a paragraph of text in a black serif font, and at the bottom is a pink box with the website address 'www.anaturalchoicehwc.com'.

30 DAYS OF SELF LOVE

DAY 19

Say good things only!

Positive words hold positive energy. For today, try as much as you can to only say positive things. Instead of looking at a handbag and saying "*I can't afford this*", say "I will buy this in the future if I still like it then!" Instead of "*Why do I always make mistakes at work?*", say "I'm still in the process of learning." You get the idea!



30 DAYS OF SELF LOVE

DAY 20

Create an exciting goal to empower yourself

Nothing makes a goal more real than writing it down. I'm sure there is at least ONE thing you are burning to achieve by the end of this year or within these few months. What is it? Your goal has to bring up feelings of excitement within you. At the same time, it has to be realistic *and believable* to you. Write down one exciting and realistic goal to work on.

A woman with her hair in a bun is meditating in a lotus position on a large, patterned cushion. She has her eyes closed and a serene expression. The background is a bright, slightly blurred indoor space with large windows. The text is overlaid on the image in various colored boxes and fonts.

30 DAYS OF SELF LOVE

DAY 21

Outline what you want & bring it closer to you

Close your eyes and vividly visualize what you want. Engage in all of your 5 senses where possible. Do this for at least 2 minutes (or longer). Make an emotional connection to it that bring up feelings of excitement, abundance, confidence and other feel-good emotions. Once you feel satisfied, you can stop and do it again tomorrow if you wish!

30 DAYS OF SELF LOVE

DAY 22

Take a day off – it's okay to be 'unproductive'

Our modern society has a fear of being 'unproductive'. However, when we take time to 'smell the roses', we are doing inner work & enriching our mind & soul. I suggest you take a day off from your everyday responsibilities. You may need to plan ahead if you have small kids, for example, but do the best you can. A more refreshed 'you' awaits.



30 DAYS OF SELF LOVE

DAY 23

Start finding your higher purpose

We are all created with a unique mix of gifts, talents and shortcomings. All of us have a part to play in this world. To have a sense of your higher purpose, ponder which activities bring you joy. Your higher purpose is linked to your joy. Write down 3 activities which bring you joy *and* can make a positive change to society or the world.

30 DAYS OF SELF LOVE

DAY 24

**Take an online class
you enjoy for the fun of it**

For today, let's take an online class (free or paid) in a non-work-related topic you enjoy. Perhaps you enjoy writing fiction, digital drawing, cooking, fashion...etc. Indulge in a topic you enjoy just for the sheer joy of it.

30 DAYS OF SELF LOVE

DAY 25

Eat mindfully + enjoy your meal more

Today, we shall eat mindfully with no distractions. Place your phone, laptop, books and tech devices away. Simply enjoy the meal in front of you. Pick a dish you enjoy eating and savour every morsel and appreciate the effort it takes for the chef (or someone else) to prepare the meal for you. Enjoy + be mindful of the sights + sounds around you, too.

30 DAYS OF SELF LOVE

DAY 26

Plan for a gossip-free day

Gossip can become a habit. It can make us feel more superior or 'better' than others. Today, spare yourself from this practice of talking ill of others. Respect yourself and choose not to partake in this activity today. If you are caught in the middle of a gossiping session, change the subject or excuse yourself gracefully from the group. Incorporate this daily!

30 DAYS OF SELF LOVE

DAY 27

Do a tech detox & enjoy your day more

A 'tech detox' may actually be a pleasant experience. For today, vow to only check your mobile phone once an hour. Every hour, glance at your notifications for messages or emails. After a few minutes of scrolling, keep your phone and occupy yourself with other activities. Lastly, 1 hour before bedtime, switch off your laptops, phones and tech devices & you may enjoy better sleep!

30 DAYS OF SELF LOVE

DAY 28

Listen to mindset-altering tunes

Listen to some binaural beats today. Binaural beats can alter the state of your mind to be more alert, positive or more relaxed. There are thousands of free binaural beats available on YouTube or InsightTimer. These tunes are usually hours long, but you can stop when you feel satisfied. Choose one binaural beats tune & see if it makes a difference to how you feel!

30 DAYS OF SELF LOVE

DAY 29

Declutter and feel peaceful

Is there a drawer, a table, or a corner in your house which has been bothering you for ages? Perhaps they are messy and need to be cleaned or decluttered. Set aside some time just to clean one area of your home which has been bothering you for the longest time. If it seems overwhelming, clean one small section first and continue another day.

30 DAYS OF SELF LOVE

DAY 30

Do 1 thing you have been procrastinating on

Is there a task or chore that you have been putting off *forever*? Today we are going to tackle this one task.

Choose a task that has been bothering you + which you can complete today. Be sure to pick a task which will make you feel satisfied or relieved once it's done! If you have the energy, pick more than 1 task today.



My prayer is that through creating space for self-love, you can ease your stress, calm your nervous system, and find peace in a chaotic world. Now that you have had 30 examples of what self-love looks like, create your own self-love experiences that are meaningful to you.

If you would like help with any particular health issue, let me know. I'd be happy to help.
Book a call on my website. See you soon.