



## Hello and welcome to 28 Days of Love!

The next 28 days (starting on Friday, 14th Feb) are all about you practicing, celebrating and discovering the power of self-love.

We can't wait to see what this simple, but powerful practice will do for you.

Because when you become the source of love in your life, it changes everything.

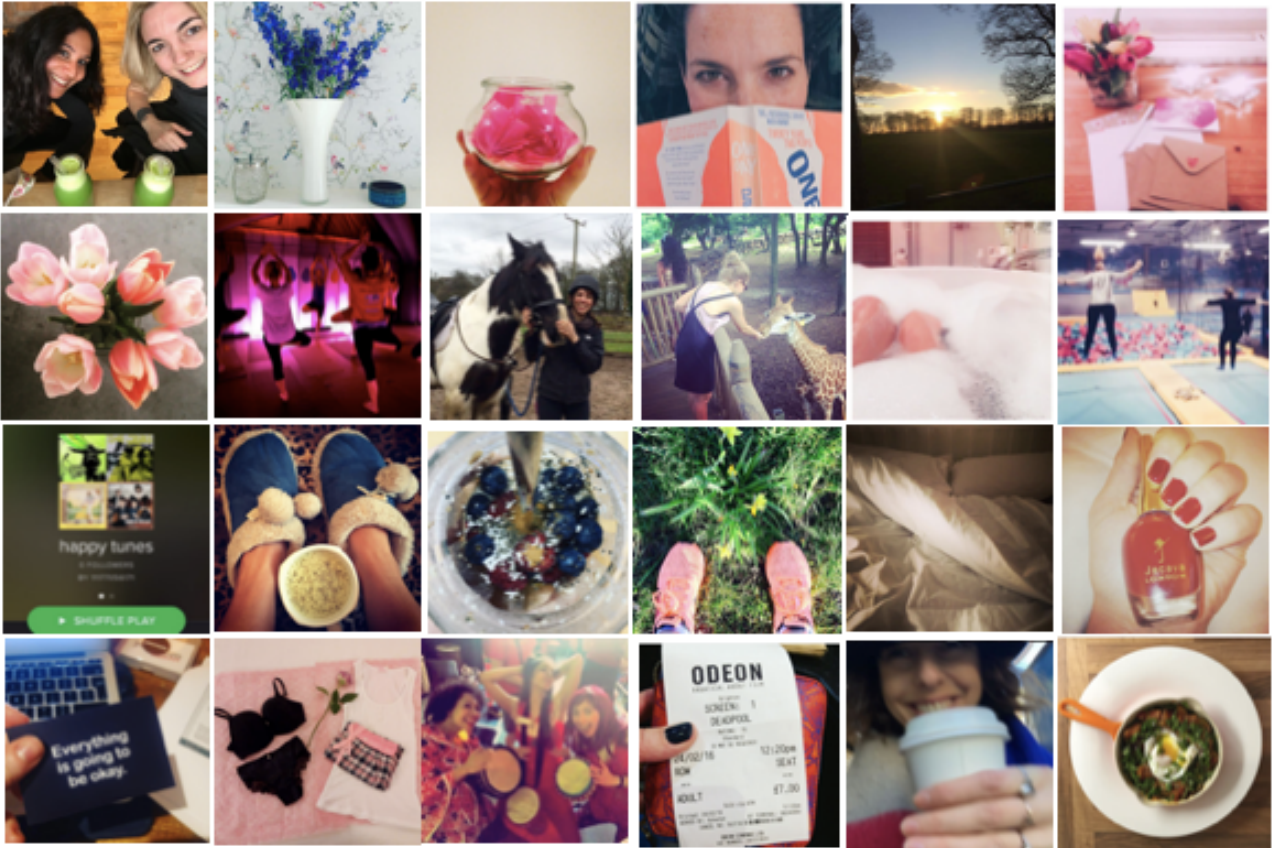
If you have ambitions for this year - things you want to make happen, goals you want to achieve - then self-love is the fuel that will help you make it happen while remaining grounded, fulfilled and in flow.

If you're looking for a loving partner in life then self-love is the magic that will attract that person in.

If you're in a relationship, self-love is the glue that will keep you together and keep the love flowing and if you're a parent wanting to create a happy home for you and your family, then self-love is your secret weapon.

As Oscar Wilde said "To love yourself is the beginning of a lifelong romance"

So the next 28 days are all about you enjoying that romance.



If you've never really thought about self-love before, then we'll show you how to get started and if you're already pretty good at treating yourself with love and affection, then we'll encourage you to take things even deeper on the self-loving front..

# HOW IT WORKS

It couldn't be more simple!

**Step 1: FOLLOW PROJECT LOVE ON INSTAGRAM  
[@LOVEPROJECTLOVE](https://www.instagram.com/loveprojectlove)**

This is where all the buzz will be, with daily tips and inspiration on how to give yourself simple daily doses of self-love that really make a difference

**STEP 2: CHOOSE YOUR 28 DAILY ACTS OF LOVE**

Write down 28 simple things you can do that will make you feel happy, cared for and loved.

**STUCK FOR IDEAS?** Don't panic, we have a big list of ideas to choose from and a guide on how to come up with your own ideas over on the next page.

### **STEP 3: EACH DAY CHOOSE YOUR DAILY ACT OF LOVE FOR THE DAY**

Pick a 'daily act of love' from your list. And do it!

You can then either pick the one you feel like doing on your list each day, or create a 'daily acts of love' jar and do it lucky-dip style.

### **STEP 4: CELEBRATE YOUR DAILY ACT OF LOVE**

Come and celebrate your daily acts of love with us over on instagram so we can all inspire and cheer one another on! Tag @loveprojectlove in your IG stories and use the hashtag #28daysoflove2020 in your posts

## **WHAT WILL YOU TREAT YOURSELF TO OVER THE NEXT 28 DAYS?**

Here is a quick and easy exercise that will help you to come up with ideas of what daily acts of love you can do over the next 28 days (and yes you are allowed to repeat them more than once)

### **Step 1 | Write a list of simple things that you can do to make you feel happy and loved**

Here are some questions to help you come up with ideas

1. What are the experiences that bring you happiness?
2. What are the activities that bring you a sense of peace and calm? What are the activities that help you to feel loved and cared for?
3. What places do you love to be in, love to spend time in or love to visit?
4. What places do you feel most inspired in?
5. What places do you feel at peace in?
6. What places do you feel most yourself in?
7. How do you like to pamper yourself?
8. What pampering treat could you give to yourself once in the month? Like a massage or a pedicure
9. What about little treats or gifts for yourself? What little simple gifts or treats would you love to receive from someone else (which you could do for yourself)?
10. What dates would you love to take yourself out on?

If you're stuck for ideas, then at the bottom of this worksheet you'll find a whole list of suggestions from us.

## Step 2 | Choose your top 28 from that list

## Step 3 | Decide how you're going to choose your Daily Act of Love each day

Here are some suggestions:

★ Choose spontaneously from the list each day

★ Schedule your acts of love into your diary so that each day your diary tells you what you're going to do for yourself (maybe pop a reminder alert in your phone)

★ Get a jar and put your different acts of love on pieces of paper and every morning pick your daily act of love from the jar

## Step 4 | Every day, treat yourself to one of the daily acts of love from your list. And as you do it, do it with love.

The most important thing about your daily act of love is that you do it with love. Tune into the voice that you're speaking to yourself with as you run your bubble bath, do your nails, take yourself off for a run, whatever daily act of love you are doing that day.

And make sure that you are speaking to yourself and treating yourself with love and affection.

Treating yourself to a candlelit bath while giving yourself a hard time strips that act of all its love.

If you find the idea of speaking to yourself in a loving way an alien concept, then think of how you would treat the person you love most in the world if they were really in need of some TLC. How would you speak to them?

Now speak to yourself like that as you carry out your act of love.

That way, even if for just one moment in your day, you will experience what it is like to have you being a best friend and loving supporter to yourself.

And that is how the romance will begin...

## Step 5 | Come and celebrate your daily acts of love with us over on [instagram](#) (and we'll give you daily self-love tips to keep you inspired and motivated!)

Join us over on [instagram](#) @loveprojectlove throughout the 28 days to share your own daily acts of love, get inspired by seeing what others are up to and enjoy daily doses of love and inspiration from us!

See you there!

x Selina and Vicki

### Ideas for Daily acts of love

- Stock up the fridge with my favourite foods
- Visit a place that makes me happy
- Take myself off to an exhibition
- Nutritious, delicious dinner by candle light
- Bubble bath and a good book
- Sunday lie-in
- Morning dance class before work
- Walk in the park listening to an audio book
- 20 mins meditation snuggled up in bed
- Write a love letter to myself (and send it in the post)
- Have a nap!
- Visit somewhere new that I've always wanted to go to
- Do something I used to love doing as a child
- Enjoy a digital detox evening (or whole day)
- Treat myself to a solo date at the cinema
- Pyjamas and trashy mags night
- Walk along the canal
- Create a vision board of the life I dream of living in 5 years
- Write down a list of 5 things I am grateful for today
- Make myself a playlist that makes me happy
- Breakfast date with myself
- Watch or listen to something that makes me laugh
- Dance around the kitchen for 10 mins in the morning
- Watch a TED talk to feel inspired
- Yoga class
- Cycle to visit a friend
- Treat myself to a massage
- Buy myself flowers

- Do my nails (or get them done)
- A craft evening - make something for my home
- Draw something
- Listen to an uplifting podcast on my way to work
- Start reading a new book
- Watch my favourite film
- A night playing or listening to live music
- Call an old friend that I haven't spoken to for ages
- Try out a new recipe
- Borrow someone's dog for the day
- Go for a morning run
- Buy myself a gift for £10
- Sunday papers in PJs
- Go and take photos of things I love
- Make a picture/collage/painting/drawing just for fun
- Take a break from work for 10 mins and read some poetry
- Go for a walk in nature and tune into the sounds around me
- Do some colouring in
- Write a letter to my younger self
- Print out some photos that make me feel happy and put them around my home
- Allow yourself to feel your feelings (particularly good one when you're having a bad day) - write down your feelings or just sit with them for 10 mins and ALLOW yourself to feel those feelings
- Wear my favourite outfit today, just because

## WHAT TO EXPECT ON YOUR SELF-LOVE JOURNEY

Some days giving yourself a dose of love will simply feel delicious and give you a spring in your step, but don't be surprised if on some days other stuff comes up.

THIS IS NATURAL.

You are a beautiful human being, with an ego that on some days will not enjoy this self-love challenge at all and will do what it can to try to sabotage it.

- You might find yourself comparing your daily acts of love to other people's and feeling that yours aren't good enough.
- You might find yourself turning it into a competition
- You might find that you start expecting to be happy and full of love 24/7 (impossible!) and therefore feel like you've failed
- You might start hearing a voice in your head saying 'this is selfish, this is pointless, you're no good at this'

When this happens, know that this is a natural resistance. Allow yourself to feel the feelings that are coming up. Be gentle and kind with yourself.

The aim here is SIMPLY that you take a moment in the day to do something nice and loving for yourself.

That is all.

No-one is asking you to become a 24/7 self-loving perfect version of yourself.

Most of us were not taught about self-love at school or at home and so very few us started out being good at loving ourselves.

We are all learning together.

So be kind, be gentle and take it slow.

And let us know how you get on!

With all our love,

*x Selina & Vicki*