

# GODDESS *Goodies*

From Marina J

# Self-love PLAN

## 7 Day Self-love Plan

Receive your love for you over the next 7 days by creating a 7 day self-love plan.

Here are some idea's for you below to give yourself the best week!

A Goddess always has to have something to look forward to - and that's YOU!

### What kind of self-love are you needing this week?

Knowing what you know about you - what will you need more of this week? Add them into your 7 day self-love plan this week - create a week you LOVE.

#### *Little dollops of self-love:*

Cartwheel down the beach

Swim naked

Ring your girlfriend & meet her for a working lunch getting your nails done together!

Ring & order a lunch service & get it delivered to your desk for that big day you're going to have

Schedule mini yoga / dance breaks into your day

Sleep for 10 mins at 3pm today

Get your hair blow-dried before work tomorrow

Buy yourself that super rich moisturiser

Do a hair treatment this week

#### *Big dollops of self-love:*

Making that BIG decision for yourself

Finally deciding to go for it

Making that phone call

Say "it" to that person

Letting go of something or someone

Going for a medical check-up

Doing what you feel (like having a day when you just do what you feel)

Investing in yourself

Asking for support, help, love and your desires to be met

Appreciating yourself

Finding yourself completely and utterly fabulous

# My 7 Day Self-Love Plan

|           | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| MORNING   |        |         |           |          |        |          |        |
| AFTERNOON |        |         |           |          |        |          |        |
| EVENING   |        |         |           |          |        |          |        |