

WORKBOOK



5 Day Self-Love Challenge





welcome!

PROGRESS
- NOT -
Perfection

"Self-care isn't a luxury - it's a necessity."



watch all
videos here



Who is this course for?: This challenge is for anyone who's ever felt overwhelmed, stressed, or stretched too thin. Whether you're looking for more balance, peace of mind, or just a little extra time for yourself, this challenge is designed to support you.

How it works: Over the next five days, you'll take small but powerful steps toward prioritizing yourself. Each day, you'll watch a quick learning moment video followed by a simple self-care activity, use this workbook or grab a notebook to reflect and answer the questions mindfully.

What you'll learn: These tasks are designed to help you, practice self-compassion, set healthy boundaries, incorporate mindfulness into your day, celebrate your wins, and build lasting self-care habits.

The Power of Self-compassion

Key Takeaways

- Self-compassion is about treating yourself with the same kindness you would offer a friend.
- Negative self-talk can be transformed into supportive and encouraging inner dialogue.
- Accepting imperfections is a key part of self-love.



Today's Challenge

Use the space below to write yourself a letter as if you were comforting a friend who is struggling.

Dear [Your Name],

I know you're feeling [describe feelings], and I want you to know that it's okay. You are doing your best, and that is enough. I admire your [list personal strengths]. Even when things don't go as planned, you are still worthy of love and kindness. Remember that [insert a reminder about self-worth]. I believe in you!

With love,

[Your Name]

RESPECT
yourself

Prioritizing Your Needs Without Guilt

Key Takeaways

- Setting boundaries is a sign of self-respect, not selfishness.
- Saying 'no' allows space to say 'yes' to things that truly matter.
- Prioritizing personal needs leads to better well-being and productivity.

Today's Challenge

Take needs quiz

Take this quiz, or read the list below to help identify one need that has been neglected and take the time to schedule it into your calendar for today.

- One thing I need more of: _____
- How I will make time for this today: _____
- A reminder to myself: _____

Ideas of personal needs you could focus on:

Physical Needs

- ✓ Better sleep
- ✓ Proper hydration
- ✓ Focus on cooking one nutritious meal
- ✓ Find a 30 minute movement or exercise
- ✓ Stretch to relieve tension
- ✓ Prioritize medical/dental check-ups

Fun & Play Needs

- ✓ Spend time in nature
- ✓ Do something purely for joy with no productivity pressure
- ✓ Play a game, or dance with a loved one
- ✓ Explore something new just for the experience
- ✓ Read for personal growth or enjoyment
- ✓ Engage in hobby or creative activity

Mental Needs

- ✓ A quiet reflection or meditation moment
- ✓ Practice self-compassion journaling
- ✓ Express gratitude or positive affirmations out loud
- ✓ Reduce mental clutter by organizing thoughts with a to-do list, or paper brain dump.
- ✓ Say no to something you usually say yes to.
- ✓ Take a break from overwhelming responsibilities (what can you delegate or simply not do)

Social Needs

- ✓ Have a meaningful conversation with a friend
- ✓ Have a conversation with a colleague beyond work-related topics
- ✓ Schedule a social activity to look forward to
- ✓ Communicate your needs openly in relationships
- ✓ Say "no" to an obligations that feel draining
- ✓ Watch a favorite movie with someone

Mindfulness & Presence in Everyday Life



Key Takeaways

- Mindfulness is about being present in the moment.
- Simple mindfulness practices can reduce stress and improve focus.
- Small mindful moments throughout the day contribute to emotional balance.

Today's Challenge

Take a 5-Minute Mindfulness Break - Practice a short mindfulness exercise and reflect on how it made you feel.

- How did I feel before the exercise? _____
- How did I feel after the exercise? _____
- One way I can incorporate more mindfulness into my daily routine: _____

Want extra guidance? Search for a "guided mindfulness exercises" on Youtube or try following along with a 5 minute exercise like this one here from Headspace:

<https://www.headspace.com/meditation/5-minute-meditation>



Celebrating Yourself & Your Wins



Key Takeaways

- Recognizing personal achievements builds confidence and motivation.
- Small wins deserve as much recognition as major accomplishments.
- Self-celebration reinforces positive self-talk.



Today's Challenge

Write down three personal achievements, big or small, and acknowledge your progress.

I am proud of myself for:

I celebrate my progress in:

A reminder to myself:

Day 5

Watch Video

Creating a Sustainable Self-Love Practice



Key Takeaways

- Self-love is a lifelong journey, not a one-time event.
- Small, consistent habits lead to lasting change.
- Prioritizing self-care allows for greater overall well-being.

Today's Challenge

Create a Personal Self-Love Plan by committing to one self-care habit to be continued beyond this challenge.

One self-care habit I will continue:

How I will hold myself accountable:

My motivation for continuing this practice:



Congratulations!

Congratulations on completing the 5-Day Self-Love Challenge! Self-love is an ongoing process, and every small step counts. Keep prioritizing yourself, and remember that self-care is not selfish—it's necessary.

Consider revisiting this guide whenever you need a reminder to be kind to yourself. Continue building habits that nurture your well-being, and celebrate yourself every step of the way!



visit motionconnected.com to learn more about our Employee Experience Platform and get access to more challenges like these.