

# Summer Self-Love Bucket List

*Finding Julianne*

## LOVE YOUR BODY

- |  |   |
|--|---|
| <input type="checkbox"/> Go for a walk or hike                         | <input type="checkbox"/> Treat yourself to a massage            |
| <input type="checkbox"/> Wear something out of your comfort zone       | <input type="checkbox"/> Wear your favourite outfit             |
| <input type="checkbox"/> Go swimming                                   | <input type="checkbox"/> Challenge yourself to drink more water |
| <input type="checkbox"/> Invest in a sunscreen that protects your skin | <input type="checkbox"/> Try a dance class                      |
| <input type="checkbox"/> Try a yoga class                              | <input type="checkbox"/> Have a spa day                         |

## LOVE YOUR MIND

- |   |  |
|---|--|
| <input type="checkbox"/> Develop a morning routine          | <input type="checkbox"/> Journal   |
| <input type="checkbox"/> Go to therapy                      | <input type="checkbox"/> Create a time capsule with a letter to your future self |
| <input type="checkbox"/> Meditate                           | <input type="checkbox"/> Sign up for an online course                            |
| <input type="checkbox"/> Create some self-love affirmations | <input type="checkbox"/> Challenge yourself to complain less                     |
| <input type="checkbox"/> Set a reading goal                 | <input type="checkbox"/> Express yourself creatively                             |

## LOVE YOUR LIFE

- |   |  |
|---|--|
| <input type="checkbox"/> Create or listen to a self-love playlist | <input type="checkbox"/> Declutter your space  |
| <input type="checkbox"/> Unplug from social media                 | <input type="checkbox"/> Volunteer or do a good deed                                     |
| <input type="checkbox"/> Take time for a mid-year check-in        | <input type="checkbox"/> Spend more time outside   |
| <input type="checkbox"/> Reach out to an old friend               | <input type="checkbox"/> Travel  |
| <input type="checkbox"/> Try a new hobby                          | <input type="checkbox"/> Do something that brings you one step closer to your dream life |

NOTES: \_\_\_\_\_

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## LOVE YOUR MIND

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## LOVE YOUR LIFE

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|--------------------------|-------|--------------------------|-------|
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