

14 Days To LOVE Yourself

Each & Every Day For The Next 14 Days Pick 1 Of The Following To Complete & check it off on your 'calendar' below!

- Scheduling some "me" time on my calendar
- Look at yourself every day in the mirror and say....I am enough...I deserve all of my blessings
- Practice positivity
- Be self-confident with where you are today.
- Give yourself compliments.
- Recognize what you love about your body.
- Celebrate your uniqueness.
- Feed it well. Try ONE New Trainerize Meal/Snack
- Exercise. Try ONE Trainerize Workout.
- Let go of perfectionism.
- Pamper yourself
- Celebrate WINS.
- Use your body - Go for a walk
- Express Gratitude

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

