

The background of the entire page is a vibrant, repeating pattern of tropical leaves. The leaves are in various shades of green, yellow, and blue, creating a lush and energetic feel. The leaves are scattered across the page, with some overlapping the central dark green circle.

# 30 DAY challenge

## DAY 1

Write out one thing you **LOVE** about your **PAST SELF**, one thing you **LOVE** about your **PRESENT SELF**, and one thing you **LOVE** about your **FUTURE SELF**.

Look at this daily to remind yourself of all the reasons you have to **LOVE YOURSELF** 