DATE YOURSELF  
30 DAY SELF-LOVE CHALLENGE  
WEEK 1: JOURNALING

MONDAY
What do I want to get out of this challenge?

TUESDAY
What are my unique qualities?

WEDNESDAY
What is the best compliment that I've ever received?

THURSDAY
What are my values?

FRIDAY
What are my favorite things about myself?

Saturday
What do I really want in life?

SUNDAY
How do I want to feel over the next 30 days? What can I do each day to feel that way?

WWW.DRALYSSAADAMS.COM
DATE YOURSELF
30 DAY SELF-LOVE CHALLENGE

WEEK 2: RELAX

MONDAY
SCHEDULE 1 HOUR OF QUIET TIME

TUESDAY
READ A BOOK FOR 30 MINS.

WEDNESDAY
TAKE 1 HOUR OF ALONE TIME

THURSDAY
TAKE 15 MINS TO MEDITATE

FRIDAY
TAKE A YOGA CLASS

SATURDAY
GET A MASSAGE

SUNDAY
GO FOR A WALK

BONUS: CLOSE YOUR EYES. TAKE A DEEP BREATH. VISUALIZE CUTTING A CORD BETWEEN YOU AND ANYONE FROM YOUR PAST THAT YOU NEED TO LET GO. TAKE A DEEP BREATH AND LET IT GO.

WWW.DRALYSSSAADAMS.COM
DATE YOURSELF

30 DAY SELF-LOVE CHALLENGE

WEEK 3: FUN

MONDAY
WATCH A MOVIE YOU LOVE

TUESDAY
CALL AN OLD FRIEND THAT YOU MISS

WEDNESDAY
PLAN TO TAKE A CLASS OF SOMETHING YOU'VE WANTED TO LEARN

THURSDAY
PLAY WITH YOUR PET OR YOUR FRIEND'S PET

FRIDAY
GO TO DINNER WITH GOOD FRIENDS OR BY YOURSELF!

SATURDAY
GO FOR HIKE

SUNDAY
EXPLORE SOMEWHERE NEW IN YOUR TOWN/AREA

WWW.DRALYSSAADAMS.COM
DATE YOURSELF
30 DAY SELF-LOVE CHALLENGE

WEEK 4: NOURISHMENT

MONDAY
TRY TWO NEW VEGETABLES
THIS WEEK

TUESDAY
MEDITATE BEFORE EATING

WEDNESDAY
EAT QUIETLY WITH NO
DISTRACTIONS

THURSDAY
ENGAGE IN A SPIRITUAL
PRACTICE

FRIDAY
PLAN FOR A JUDGMENT FREE
WEEKEND

SATURDAY
SAY NO TO PLANS THAT YOU
DON'T WANT TO DO

SUNDAY
IDENTIFY PEOPLE IN YOUR LIFE
THAT DRAIN YOU, AND LIMIT
YOUR TIME WITH THEM

WWW.DRALYLYSSAADAMS.COM
JOURNALING PROMPTS TO TAKE THINGS DEEPER!
WHAT HAVE YOU LEARNED FROM YOUR MOST DIFFICULT RELATIONSHIP?
MAKE A LIST OF YOUR UNIQUE QUALITIES AND THINGS YOU LOVE ABOUT YOURSELF.
WHAT DO YOU ENJOY ABOUT SPENDING TIME ALONE?

CONGRATULATIONS!
YOU'VE SPENT 30 DAYS FOCUSING ON IMPROVING YOUR RELATIONSHIP WITH THE MOST IMPORTANT PERSON IN YOUR LIFE - YOU!
MAKE SURE THAT YOU CONTINUE TO FOCUS ON IMPROVING YOURSELF SO YOU CAN BE THE BEST VERSION OF YOURSELF IN ALL AREAS OF YOUR LIFE!

WWW.DRALYSSAADAMS.COM
I'm Dr. Alyssa Adams. I'm a clinical psychologist and intuitive relationship coach. I help sensitive women regain their clarity and confidence to create relationships of joy, ease, and purpose. I'm 50% Woo Woo and 50% practical.

We tend to fall into patterns in our romantic relationships - we are attracted to or date the same (wrong!) person over and over again.

We hold strong beliefs about who we "should" be with and what's possible for ourselves. This can hold us back!

I'll help you do the inner work to step into a relationship as the best version of yourself!

XOXO, Alyssa

www.dralyssaadams.com