

# 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?



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## 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.



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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



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## 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

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BONUS

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!

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## ABOUT ME

Hi! 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

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