



The Ultimate  
**Self-Care**  
CHALLENGE

BY FARAH MAK

THE *Self-Worth* MOVEMENT™

# Welcome Glitterbombs!



The Self-Worth Movement is here to help you validate you - you are worthy, strong, valued, and important.

Our innate sense of self can be battered by the trials and tribulations of life. When our self-worth is depleted, so too is our self-love, which robs the world of our sparkle. When we reclaim our self-worth we discover our unique inner life-changing superpower.

It starts with taking care of yourself! Giving yourself space to just be, as you are. We often wear many hats, and take on various roles in our daily lives, so it is imperative that we give ourselves space to remove any labels we place on ourselves, and enjoy simply being your authentic self.

A space where you can unwind, relax, recuperate, process, evolve, and rejuvenate so you can move faithfully forward, being your absolute best self and operate at your highest level.

*Embrace self-love. Enjoy treating yourself with the same kindness you give to others...and know that you are worthy and deserving of all the blessings, success, and gifts life has to offer!*



The Ultimate  
**Self-Care**  
CHALLENGE

#1

## Go for a walk and enjoy the fresh air

Mindfully breathe in the air around you. *Listen, touch, hear, smell,* and see the little things we are often "too busy" to notice. Let nature nourish and nurture your soul.

#2

## Take Yourself on a Date

Treat yourself to an afternoon of 'me time'! Have a tea or coffee in your favourite cafe, or take a stroll around the city. What puts an extra spring in your step? Romanticise your life and have a fun solo day out with yourself doing the things that YOU love to do!

#3

## Listen to a positive podcast

Filling our ears with productive, positive, and helpful knowledge is nourishing and strengthening for our minds! We can learn so much from a podcast, they can challenge our way of thinking, and give us some great nuggets of wisdom. Empower yourself today! Here are some of our faves...

1. Diary of a CEO
2. On Purpose with Jay Shetty
3. School of Greatness

# The Ultimate Self-Care CHALLENGE

## Get to know now your values

Personal values (also known as core values) are imperative.

These are your foundational beliefs that guide your thoughts, actions, and decisions in life... and support you on your self-worth journey.

Values highlight who we are, and what we stand for. Ultimately, our values help guide us to live a purpose-driven life.

Take time to know and understand *your* values, then write down your top 3.

Journal time...are you living a life that is aligned with your core values?

# #4

## Write down 3 things you love about yourself

Self-love time! Write down 3 things you love most about yourself. This gives you space to show yourself love, compassion, and gratitude. It also gives you the gift of time to reflect and appreciate on all your wonderful qualities, achievements, and strengths.

# #5

## Practice gratitude

Time to get thankful! Write down 10 things that you are grateful for in your life - big and small! Practicing gratitude trains your brain to seek out the positives until it becomes automatic, and all you can see around you is beauty, opportunities, and positivity!

# #6

Plus, what a lovely time spent reflecting on all the fabulous things in your life!

# The Ultimate Self-Care CHALLENGE

## #7

### Random Act of Kindness

Give a sincere compliment. Pay for someone's coffee. Help someone out, and watch the remarkable ripple effect of love, gratitude, and kindness flow! Commit to spreading positive energy everywhere you go...you have no idea how much this could inspire and uplift someone who may be struggling.

## #8

### Power of affirmations

The power of I AM! Your brain will believe what you repeatedly tell it - good and bad! Write a positive, uplifting affirmation that resonates with you and carry it with you throughout the day....

"I am worthy"

"I am capable of achieving my dreams"

"My self-worth is not attached to the opinion of others"

## #9

### Visualization session

Time to MANIFEST those dreams! This can be done as part of a meditation or journaling session, or just in a quiet space to think. Take some time to get clear on what you want, picture it in your mind, feel the feelings as if you have already received it, and believe whole heartedly that it is already yours!

Get EXCITED and thank the universe for everything you have, and are about to receive!

The Ultimate  
**Self-Care**  
CHALLENGE

## Treat yourself

Plan a little spa-at-home experience by popping on a face mask and finding a meditation to listen to on your headsets! Get your hair done, go shopping, pamper yourself or treat yourself to some goodies... because you deserve it!

#10

## Journaling

Get a notebook or journal, sit in quiet reflection for a few minutes. Unload your thoughts from your head onto the page, work through the clutter in your mind and free that up space! Let the pen run wild on the page, you never know what might pop up...don't worry about what you are writing or how neat it is, just allow it to flow.

#11

## Breathe

Practice square breathing. Begin by slowly exhaling all of your air out. Then, gently inhale through your nose to a slow count of 4. Hold at the top of the breath for a count of 4. Then gently exhale through your mouth for a count of 4. At the bottom of the breath, pause and hold for the count of 4. Repeat this until you feel your mind and body release, and a sense of calm washes over you

#12

The Ultimate  
**Self-Care**  
CHALLENGE

# #13

## Have an Honesty Session with Yourself

Lets get into the nitty gritty of self-development!

- Write down what you are currently not happy with in your life.
- Is there a solution on fixing these issues?
- What daily habits can you implement that improve your quality of life?

Get clear on what is making you happy and what is making you feel like you're dragging your feet. What or who is making you feel uneasy, uncomfortable, anxious, or less than.

What boundaries can you introduce to limit this happening?

Life is too short to be anything but happy and fulfilled, so sometimes we need to get honest with ourselves and really put in the leg work to eliminate the negatives and implement the positives!



The Ultimate  
**Self-Care**  
CHALLENGE

#14

### Read a self-development book

Take some time to read some fuel for the mind! Reading books in the self-improvement space will completely shape your thinking and give you incredible tools to improve your life and mindset. Here are some of TSWM's faves:

1. *Awaken the Giant Within*
2. *Good Vibes Good Life*
3. *You Are a Badass*

#15

### Sparkle Squad time

There's nothing like having quality time with treasured friends...people that make your soul sing and spirit shine! Organise to meet a friend and spend quality time chatting and giggling. Be open hearted and vulnerable, playful and dreamy. Talk through all your worries, and all your wonders.

#16

### Digital Detox

Spend an entire day (or longer if you can) completely offline. Use this time for YOU time! Meditate, journal, declutter your home and your mind!



THE *Self-Worth* MOVEMENT™

# Follow the Journey

When you do this challenge be sure to tag us on IG and follow along for more tips, tools and tricks all things self-care, self-worth and self-love!

@theselfworthmovement

and visit

[www.theselfworthmovement.com](http://www.theselfworthmovement.com)