
LOVE OF SELF

**A SELF GUIDED DAILY PRACTICE TOWARDS
A STRONG LOVE OF SELF.**

Donita Fowler

DAILY PRACTiCE:

For each area that you complete something towards self love in, give yourself a colored square. Think of these as 7 plates of life. Did you put something on that plate?

Yes or no.

You decide.

Count them out yourself.

Each block is 99 days.

CONNECTION: Valuing and building relationships

This is key for emotional health and feeling supported. Think of it as nurturing the roots of a strong tree.

Questions to Reflect On:

- Who in my life can I reach out to today?
- How can I express gratitude to someone I value?

CURIOSITY: Read, listen, watch

Staying curious keeps your mind active and your perspectives fresh. This aligns with your love for learning and personal growth.

Questions to Reflect On:

- What is one thing I can explore today that excites or challenges me?
- How can I apply something I learned today to my life or work?

CURRENCY: Educating on Questrade and money

This is a practical way to stay empowered and secure in your finances while building confidence in your investments.

Questions to Reflect On:

- What financial term, concept, or feature can I focus on understanding today?
- Is there a small actionable step I can take?

MEDITATE: Practicing mindfulness

This encourages calm, clarity, and resilience, which are vital for managing stress and staying grounded.

Questions to Reflect On:

- What is one thought or feeling I want to release during today's meditation?
- What is one thought or feeling that I want to explore during today's meditation?

EXERCISE: Incorporating morning movement

Starting your day with movement builds energy, strengthens your body, and reinforces your commitment to health. A home gym is a privilege. Treat it as such.

Questions to Reflect On:

- Is the weekly workout schedule complete?
- What is 1 of my physical goals this year?

FUEL: Food as fuel for the body

Make intentional meal choices that support goals, and align with my love of cooking #foodie.

Questions to Reflect On:

- Have I chosen a good healthy dinner? Does it align with my day?
- Is the food available healthy, ripe, full of sustenance?
- Greens, Hormones and Water?

SLEEP: Rest and recovery for a strong foundation

Sleep supports all the other foundations.

Prioritizing sleep will amplify the benefits of everything else you're doing.

Questions to Reflect On:

- Did I stick to my nightly routine*?
- What are my oura scores?

NOTES:







