

The Smart Lioness

LEARNING TO LOVE MYSELF CHALLENGE



30
Days



	Week 1	Week 2	Week 3	Week 4	Notes
Monday	Get a journal to keep track of your Self Discovery this month. (You gotta know where you started to see how far you've come.	Take a break and relax for at least 1 hour today. (Try meditation)	List 3 short term goals you would like to accomplish before the end of the month. Now list 2 actions to take for each of your goals.	Do you see yourself as successful? Why or why not? What are 2 ways you can start to see yourself as MORE successful?	
Tuesday	Make a list with at least 10 adjectives describing who you are. (If you feel lead to writing more please do.)	What are you grateful for? List at least 8-10 things. Do you express your thankfulness? How? If not, why not?	If you had a theme song to your life, what would it be?	What is something that you are ashamed of? How can you deal with this in a more healthy way?	
Wednesday	What is your greatest strength? When was a time you used this strength to your advantage? How can use this strength more?	Are you a good friend? How? If not, how so? List 3 actions you can do today to change this.	Name some of the closest people to you. (At least 6) How do these people affect you? (Positively or negatively) Explain.	Are you mentally healthy?(List 5 things you do currently) In what ways are you not mentally healthy? (List 5)	
Thursday	What is your greatest weakness? How has it held you back in the past? What actions can you take to improve this weakness?	Do I easily forgive or hold grudges? Explain your answer.	Are you open minded or judgmental? Explain your answer. Do you think this is something you could work on improving?	List 5 NEW coping skills you can add to your mental health toolbox?	
Friday	Who inspires you? What personality qualities do they have? What qualities do you have in common with them?	Do you trust your intuition? Why or why not? How has it helped or hurt you in the past?	Do you laugh? Do you enjoy life? How can you experience MORE joy? List at least 5 ways you could experience more joy.	Am I a giver or a taker? List 5 ways that you are either one or the other. In what ways can you improve this about yourself if needed?	
Saturday	Perform one random act of kindness for a stranger. What did you do? How did it make you feel? How did they respond?	What are your favorite hobbies? List at least 5. If you are having trouble coming up with some what is a new hobby you would like to try?	Come up with at least 2 plans of action to experience more joy in life from your list of 5.		IF YOU SHARE ANY OF YOUR EXPERIENCE ON SOCIAL MEDIA USE THE #'S #UNLEASHYOURINNERLIONESS #THESMARTLIONESS