



21 DAYS OF

*Self-Love*

LEARN TO MAKE  
LOVING YOURSELF  
A PRIORITY

By:  
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I AM  
READY TO  
LOVE

*myself*



DAY 1

## *Start a journal*

*You are going to be doing a lot of writing these next 21 days because letting your thoughts flow onto paper can be extremely eye opening and powerful. For the next couple of days, try to put all your thoughts to paper instead of keeping them in your head. Try to journal every day.*

DAY 2

*Buy yourself some flowers*

*You are amazing  
and you deserve to spoil yourself.  
Go out and buy yourself the most  
beautiful bouquet of flowers  
you can find!*





DAY 3

## *Mindful eating*

*Today I want you to be mindful and present every time you eat a meal. No distractions. Look at your food. Smell it. Give thanks for it knowing that every bite you take will nourish and feed your cells with the nutrients it needs to grow and heal. Chew every bite at least 20 times. Be present and enjoy every bite.*

A cluster of several large, multi-petaled flowers in shades of peach, pink, and magenta, arranged in the top left corner of the page.

DAY 4

## *Write down your dreams*

*Today You are going to write down  
your future dreams in your journal.*

*No matter how big or how small.  
Pretend that time and money is abundant  
and that anything is possible.*

*Give yourself permission to dream big and  
bold dreams. Let go of any fears that might  
be holding you back.*

A decorative border at the bottom of the page featuring a large magenta flower in the center, a peach flower on the left, and another peach flower on the right.

The image features a dark, solid black background. Scattered around the edges are several vibrant pink ranunculus flowers. One large flower is in the top left corner, another in the top right, a smaller one on the left side, and two more in the bottom left and bottom right corners. The flowers have multiple layers of ruffled petals, creating a textured, circular appearance. The text is centered in the middle of the page.

DAY 5

## *Meditate*

*Find a quiet and cozy spot  
and sit comfortably on the  
floor or in a chair.*

*Close your eyes and take a  
deep breath in through your  
nose and out through your  
mouth. Continue this deep  
breathing for 5-10 minutes.  
Just focus on each breath.*

*Enjoy!!!*



DAY 6

## *Take a hot bath*

*Run yourself a hot bath. Light some candles.  
Put on your favourite music playlist.  
Pour yourself a glass of bubbly or wine.  
Add a couple of drops of your favourite  
essential oil (lavender is one of my faves) and  
get into the bath and just relax!  
Soak for at least 15 minutes and feel your  
stress and anxiety melt away.*

DAY 7

## *Love letter to yourself*

*Write as if you are telling someone you care about deeply how much you love them and how special they are. Write about your special features, qualities and accomplishments. Put it in an envelope and keep it somewhere safe.*

*Read it every time you need to remind yourself how amazing you are.*





DAY 8

*Smile!*

*Today make an effort to smile every half an hour or more. Put a reminder on your phone if you have to. When you go shopping, make an effort to smile at every single person you come into contact with. Smile from the heart. Smile every time you look into the mirror. You are gorgeous, alive and blessed! Believe it!*

A cluster of several large, multi-petaled flowers in shades of peach, pink, and magenta, arranged in the top left corner of the page.

DAY 9

## *Gratitude*

*Tonight before going to bed, write down 10 things you are grateful for, be it big or small. Take a few minutes to give thanks for these 10 things. Repeat this exercise tomorrow morning as soon as you wake up. List 10 more things.*

*Give thanks. Gratitude will change your attitude! If you keep practicing this every day for the next 11 days, I guarantee your life will drastically change for the better.*

A few more large, multi-petaled flowers in shades of peach, pink, and magenta, arranged in the bottom corners of the page.

The image features five vibrant pink ranunculus flowers scattered around the central text on a solid black background. The flowers are in various stages of bloom, with some showing more layers of petals than others. The lighting highlights the texture of the petals, creating a soft contrast against the dark background.

DAY 10

## *Go barefoot*

*Make time today to kick your shoes off. Go for a barefoot walk on the beach, in the park or just make some time to work barefoot in your garden. Get grounded. Feel the earth under your feet. It will do wonders for your body and mind.*



DAY 11

## *Read a book*

*When was the last time you read a book?  
An actual book you could hold and smell.  
Today set aside at least a half an hour to  
read. Make it special by creating a cosy  
space where you can curl up and read  
without any distractions. Make yourself a cup  
of tea. Enjoy this time and allow yourself to  
be fully present.*

DAY 12

## *Morning rituals*

*Morning rituals can be very powerful. How about changing up yours. Instead of your early morning cuppa, try a nice refreshing glass of water with some fresh lemon or a couple of drops of lemon essential oils. Do some stretching when you get out of bed or stay in bed an extra 5 minutes and do some deep breathing. Change it up today and if it feels good, incorporate it into your new morning routine.*





DAY 13

## *Exfoliate*

*Make yourself a body scrub by taking 2 tablespoons of coconut oil and mixing in about 1 tablespoon of sugar and a couple of drops of your favourite essential oil. Before you shower or bath, gently rub the scrub all over your body. Get into the bath or shower and wash it off. Your skin will feel and look amazing!*

A cluster of several large, multi-petaled flowers in shades of peach, light pink, and magenta, arranged in the top left corner of the page.

DAY 14

## *Go somewhere new*

*Time to explore, beautiful! Is there anywhere in your area you have always wanted to go but never had the time? Go there today! Go and visit a new coffee shop or restaurant. Take another route home. Visit a new museum or go to a park you haven't been before. Explore the unknown and enjoy the adventure.*

A few large, multi-petaled flowers in shades of peach, light pink, and magenta, arranged in the bottom corners of the page.

The background is a solid dark grey or black. Five vibrant pink ranunculus flowers are scattered around the text. One is in the top left, one in the top right, one on the left side, one in the bottom left, and one in the bottom right. Each flower has multiple layers of ruffled petals.

DAY 15

## *Eat clean*

*Today I want you to commit to eating clean the whole day. By eating clean I mean no packaged or processed foods. Just foods that come from the earth - fruits, vegetables, whole grains, nuts, seeds and legumes. Just for one day and see how you feel.*



DAY 16

*Watch the sunrise*

*Get up earlier tomorrow morning. Make yourself a beautiful warm drink and go and sit outside and watch the sunrise. Notice everything about it. The change in colours, the smell and the sounds. It is an amazing experience we seldom appreciate.*

DAY 17

## *Treat your face*

*Today we will treat your gorgeous face with a face mask. Create your own by mixing half an avo mashed, a teaspoon of raw honey and a sprinkle of cinnamon. After cleaning your face, apply your face mask and leave it on to do it's magic for 15 minutes.*

*Remove with warm water.*





DAY 18

## *Tech free time*

*Today you are going to be going tech free for at least a couple of hours. No phones or internet. No news or TV. Get your whole family involved and enjoy the day together without any distractions.*

A cluster of several large, multi-petaled flowers in shades of peach, pink, and magenta, arranged in the top left corner of the page.

DAY 19

## *Gaze at the stars*

*Tonight, grab your partner/ hubby/ kids and go outside to look at the stars. Get cozy and marvel at the beauty of the night sky. Can you see a satellite or maybe even spot a shooting star? Remember to make a wish if you do. x*

A few large, multi-petaled flowers in shades of peach, pink, and magenta, arranged in the bottom corners of the page.



DAY 20

## *Declutter*

*Today I want you to set time aside to declutter an area in your home that is causing you stress. Get rid of anything you don't use. Organize and sort.*

The image features a dark, black background with several vibrant pink ranunculus flowers scattered around the edges. The flowers are in various stages of bloom, with some showing their characteristic ruffled petals. The text is centered in the middle of the page.

DAY 21

## *Acknowledge and Reflect*

*Today is the last day of the 21 day-challenge and I am extremely proud of you. Reflect on everything you have done these last 3 weeks. What made your heart sing? What made you feel alive. Keep doing those things. Acknowledge the areas in your life you have to work on. Keep working on them. Take time for yourself and treat yourself. You are amazing and you deserve it!*