



Fibro Strong Challenge

The FSC 14 Days of Self-Love Challenge

Introduction

Welcome to the #fsc14daysofselflovechallenge!

This challenge is designed to help you focus on the most important relationship in your life: your relationship with yourself!

This is a two-week challenge that helps you focus on loving yourself and treating yourself well by challenging you to an act of self-love every day for 14 days straight!

It's so easy to put yourself and your needs on the back-burner, and it can be just as easy to listen to the negative thoughts that can spring up from time to time; but it can also be easy to do something small for yourself every day to treat yourself well! To show yourself a moment of love, to remind yourself that you're worthy of love, and then giving that love to yourself!

In this challenge, you'll be asked to do everything from pamper yourself to dig deep and do some real emotional work, because engaging in regular self-love and well-balanced self-care (physical, mental, emotional, spiritual/creative) helps us to show up as our best selves as we face each day, and helps to keep us feeling our best! (And you know Spoonies need all the help we can get, am I right?!)

We hope this challenge helps you fall back in love with loving yourself, and helps to spark a regular self-care and random acts of self-love practice long after this challenge ends.

Gentle hugs,

Heather Wallace

FSC Founder

Day 1:

Write down at least 5 things that you love about yourself

Bonus Challenge: Say them to yourself in the mirror

Examples:

1. *I love my eyes/eyelashes*
2. *I love my skin*
3. *I love my hair/nails*
4. *I love my kindness*
5. *I love my loving heart*

Extra Bonus Challenge: Post your list and tag #fsc14daysofselflovechallenge

Day 2:

Decompress by shutting off all screens and technology/devices for at least 30 minutes

Tip: This is great to do before bed, but it's also great to do during the day so you carry your relaxed energy with you for the rest of the day

Bonus Challenge: Post your intention of “unplugging” to help hold yourself accountable, and tag
[#fsc14daysofselflovechallenge](#)

Day 3:

Journal about something you've done in the last week that you are proud of

Tip: Really allow yourself to feel your accomplishment fully and embrace the feeling of pride it brings you as you write

Bonus Challenge: Post your journal topic (and maybe your favorite journal) and tag #fsc14daysofselflovechallenge

Day 4:

Take a bubble bath/epsom salt bath,
do a facial mask, or meditate

Bonus Challenge: Really pamper yourself: include candles, flowers, essential oils, your favorite artwork, music, or a guided meditation- anything to make the experience feel luxurious and relaxing!

Extra Bonus Challenge: Post a pic of your experience and tag
[#fsc14daysofselflovechallenge](#)

Day 5:

Write a love letter to yourself, put it in an envelope, seal it, (or seal it with a sticker or wax) and keep it!

Hint: We'll use this later!

Tip: The letter can be as long or short as you like. You can talk about the qualities and characteristics you like about yourself, things you're good at, habits or achievements you're proud of – whatever you like! You can like how you treat people, how you look, how you never give up – sky's the limit! So take a minute and explore the wonderful being that is YOU!

Extra Bonus Challenge: Use your favorite stationary or a beautiful card to write your letter on, take a picture of the sealed envelope and tag #fsc14daysofselflovechallenge

Day 6:

Think about something in your life that is no longer serving you, and come up with a plan on how to release it from your life

Tip: This can be anything from “complaining too much” or “not showing enough gratitude” to “quitting smoking” or “not showing up for myself fully.” Identify something, then get solution oriented and come up with a correction plan (with baby steps and small achievable goals) to get you closer to where you want to be. Start a gratitude practice, buy a tobacco patch, or do something small to show up for yourself in a positive way (take a shower, stretch, eat a healthy meal, say “no” when it’s called for, etc.). Remember, the sky’s the limit, but attainability is the key to success!

Extra Bonus Challenge: Post your resolution and tag #fsc14daysofselflovechallenge

Day 7:

Wear an outfit that you love and that makes you feel empowered!

Even if you end up in a fancy outfit watching TV in your living room, you'll still feel amazing!

Extra Bonus Challenge: Post a selfie and tag #fsc14daysofselflovechallenge

Day 8:

Go outside or open a window and enjoy the nature and fresh air

Bonus Challenge: Go for a short walk/hike, or visit a garden, beach, or outdoor space if you can

Extra Bonus Challenge: Post a selfie of yourself outdoor/fresh air adventure and tag #fsc14daysofselflovechallenge

Day 9:

Forgive yourself for something you've been holding on to, and let it go

Tip: This can be a situation or an outcome, something someone did or something you did – anything at all!

Bonus Tip: Forgiveness doesn't mean something was right or should have happened, but give yourself the gift of letting the poison go, forgiveness is a gift you give yourself!

Bonus Challenge: Write it down and burn it or do another "letting go" ritual if that feels right to you

Extra Bonus Challenge: Post what you're letting go of or a picture of your "letting go" ritual and tag #fsc14daysofselflovechallenge

Day 10:

Think of how you can give yourself a break today (physically, mentally, emotionally, spiritually), then do it!

Tip: Did you forget to do something? Did you mess up? Don't beat yourself up. Don't kick yourself or say mean things to yourself. Take a deep breath, and start over or move forward without holding on to the mistake.

Acknowledge you're doing your best, make a new plan, take the note, or apologize if you need to, and let it go. Have too much on your plate? Don't over-burden yourself unnecessarily to "do it all;" is there a small task you can outsource or do another time? If so, let it go!

Extra Bonus Challenge: Post what you're letting go of and tag
#fsc14daysofselflovechallenge

Day 11:

Go to bed 15-20 minutes earlier than usual - even if you don't fall asleep earlier you'll still get some extra rest!

Tip: Chronic Illness takes its toll on us physically, emotionally, and sometimes even spiritually; and we recover and recharge with rest, and heal when we sleep, so it's important to not neglect your rest/sleep!

Extra Bonus Challenge: Post your intention of going to sleep earlier to hold yourself accountable and tag #fsc14daysofselflovechallenge

Day 12:

Be creative! Whatever creative hobby you love - do it!

Tip: Color, paint, write, draw, fold origami, read, take cool pictures, craft, make your favorite meal, play an instrument, write a song, sing, dance, perform a monologue for your pet- the sky's the limit (just like your creativity)!

Extra Bonus Challenge: Take a pic of your creative practice and tag
[#fsc14daysofselflovechallenge](#)

Day 13:

Take a selfie just for YOURSELF – THEN look at it and find something that you love about it!

Tip: It can be how happy you look, the color of your eyes/hair, how flattering your outfit is, the way your glasses frame your face, your expression, your pose, the artistic effect – anything!). Look at yourself with love and kindness and you'll see some wonderful things about yourself - because you deserve the attention!
(And to enjoy giving it to yourself!)

Bonus Challenge: Put on a great outfit, do your hair and makeup, or do a sexy pose, create a “scene” to shoot in, bring your pet in on the fun – really get into the self-photoshoot mode!

Extra Bonus Challenge: Take a selfie and tag
#fsc14daysoffselflovechallenge

Day 14:

Read the love letter that you wrote to yourself on day 5, and keep it to read whenever you need to remember how wonderful you are!

Bonus Challenge: Read it to yourself out loud or in front of a mirror

Extra Bonus Challenge: Post your favorite parts of your love letter, favorite things about yourself, or favorite parts of this challenge and tag
[#fsc14daysofselflovechallenge](#)