

The FSC
14 Days of
Self-Love Challenge



Fibro  Strong Challenge

The
Fibro Strong



Collective

www.thefibrostrongcollective.com

Introduction

Welcome to the [#fsc14daysofselflovechallenge](#)!

This challenge is designed to help us focus on the most important relationship in our lives: our relationship with ourselves!

This is a two-week challenge that helps you focus on loving yourself by challenging you to do a different act of self-love every day for 14 days! In this self-love challenge, you'll be asked to do everything from pamper yourself to dig deep and do some real emotional work.

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

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Day 1:

**Write down at least 5 things
that you love about yourself**



**Bonus Challenge: Say them 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

Day 3:

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



Hint: This can be anything from being proud of how you handled a situation, how you treated someone, a celebration of an achievement (large or small!), or anything at all!



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



Bonus Challenge: Post your journal topic (and maybe your favorite journal too) and tag [#fsc14daysofselflovechallenge](https://twitter.com/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 about your experience and tag [#fsc14daysofselflovechallenge](https://www.instagram.com/explore/tags/fsc14daysofselflovechallenge/)

Day 5:

Write a love letter to yourself, put it in an envelope, seal it, 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!



Bonus Challenge: Post a pic of your sealed/folded letter 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: Be sure to create manageable, achievable, small steps that lead to your goal, rather than large, rash, unkeepable goals



Bonus Challenge: Post your end-goal 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!



Bonus Challenge: Post a pic of yourself or your outfit and tag [#fsc14daysofselflovechallenge](https://www.instagram.com/explore/tags/fsc14daysofselflovechallenge/)

Day 8:

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



Bonus Challenge: Go for a short walk or visit a garden if you can



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

Day 9:

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



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



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

Day 10:

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



Bonus Challenge: Post about what you're letting go of and/or your experience and tag **#fsc14daysofselflovechallenge**

Day 11:

Go to bed 15-20 minutes earlier than usual and get some extra rest!



Bonus Challenge: Post about your experience and tag [#fsc14daysofselflovechallenge](https://www.instagram.com/explore/tags/fsc14daysofselflovechallenge/)

Day 12:

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

Color, paint, write, draw, fold origami, read, take cool pictures, craft, make your favorite meal- the sky's the limit!



Bonus Challenge: Post a pic of, or about, your creation and/or experience and tag
#fsc14daysofselflovechallenge

Day 13:

**Take a selfie just for you -
then find something that
you love about it - you
deserve the attention!**



**Bonus Challenge: Do your hair
and makeup or do a sexy pose!**



**Extra Bonus Challenge: Post your
selfie and tag
[#fsc14daysofselflovechallenge](https://www.instagram.com/fsc14daysofselflovechallenge)**

Day 14:

Read the love letter that you wrote to yourself on day 5, and keep it somewhere safe so you can read it whenever you need to remind yourself how wonderful you are!



Bonus Challenge: Read it to yourself in the mirror!




Extra Bonus Challenge: Post the high points of your love letter (or the entire thing!) and tag [#fsc14daysofselflovechallenge](#)

The FSC

14 Days of Self-Love

Challenge Countdown

| | | |
|--------|--|--------|
| Day 1 | Day 2 | Day 3 |
| Day 4 | Day 5 | Day 6 |
| Day 7 |  | Day 8 |
| Day 9 | Day 10 | Day 11 |
| Day 12 | Day 13 | Day 14 |

How to Play:

Print, Save, or Screenshot this Card, mark the boxes when you complete a challenge, & tag #fsc14daysofselflovechallenge to share as you go, or when you're done!



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