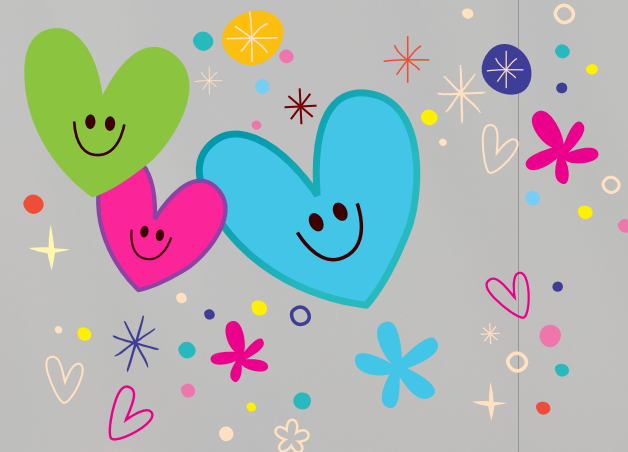


2026 LUV-u-ary!

A month to love yourself big!



- 1** Paste this note on your bathroom mirror all month:

- 2** Stop caring what anyone thinks of you!
Give up people-pleasing today. Embrace & love your beautiful bad-ass self.
- 3** Make today a total "Self-care" day!

(Call in a mental health day at work if you need to!)
- 4** Today, pick one person and forgive them. Let it go. It only hurts you, not them. Practice Ho'oponopono:
"I'm sorry. Please forgive me. Thank you. I love you."
(Forgive yourself, too!)
- 5** 
- 6** 
Call a florist and send someone flowers anonymously. Send yourself flowers, too!
- 7** 
Make it a Selfish Saturday!
Today, do only things that are filled with self-care and self-love!
- 8** 
Spend just 10 minutes outside today. Fall back in love with nature, and trees.
- 9** 
Buy yourself a Teddy Bear and snuggle with it each night this week.
(Also buy one for someone else and give it to them anonymously!)
- 10** Today, listen with your eyes. Put down the phone and practice mindful listening. Listen with your eyes to your kids, your friends... then, listen to that voice inside.
- 11** 
Share some love... pay for the person's coffee or food behind you.
- 12** Spend 10 minutes today doing something you used to do that brought you joy.

- 13** Go to lunch with your favorite gal pal!

- 14** 
Take yourself on your own Valentine's date.
- 15** 
Connect today with someone who is positive, inspiring, and encouraging!
- 16** 
Just for today, make a concerted effort not to worry. If you find yourself worrying, smile and say silently in your mind, "Just stop it."
- 17** 
Today is a BIG day! It's the new moon and the start of the Year of the FIRE HORSE! It's a perfect day to set your intentions for the rest of the year!

- 18** 
Write down 8 things you think are beautiful about you.
- 19** 
Plan a Saturday overnight away in a beautiful place - with just you.
- 20** 
Write a love letter to yourself. Thank yourself for all you've been through and all you've done. Tomorrow, MAIL IT to yourself!
- 21** 
It's a Fire Horse year!
Manifest! Manifest! Manifest!
Create a vision board of everything you dream of achieving!
- 22** 
Take a looong nap today!
- 23** 
Take one action toward a big dream you put on your vision board, even if it's intimidating.
- 24** 
Spend 10 minutes today in peaceful silence.
- 25** Say "NO!" to toxic people today!
(and forever)

- 26** 
Wave in that person who's been waiting to turn into traffic. Don't be that person who looks away.
- 27** **NO!**
Start a practice setting boundaries —say "NO" to something that drains your energy. No need to explain: NO is a complete sentence!
- 28** **YES!**
Write down your wins from the month and celebrate yourself!
Then commit to saying "YES" to something that scares you and excites you!