



Self-Love September



Each day check in with us on Facebook for the task of the day. Post a photo on Instagram of yourself completing the task and tag us at @eastvalleymomsblog and tag @luxesalonaz and use #EVMBSelfLoveSept for your chance to win a 90-minute facial from our sponsor Luxe Salon & Spa!

**In order to be eligible to win you must tag both East Valley Moms Blog & Luxe Salon & Spa, plus use the hashtag and your profile may not be private (otherwise we can't see the photos!)*

1. Take a bubble bath or long shower to relax
2. Reconnect with a friend in a small way
3. Make or buy yourself a healthy smoothie or juice
4. Prep some healthy food for tomorrow or the week ahead
5. Say no to something or delegate a task
6. Write down 5 things that you are happy about right now
7. Disconnect from technology – put away your phone, laptop, etc. for 30 minutes
8. Call or text a friend or family member just to let them know you are thinking of them
9. Clean out your purse, gym bag or diaper bag
10. Spend 15-30 minutes reading something you enjoy
11. Take a 15 minute break and practice some light stretching or yoga
12. Utilize some aromatherapy for relaxation – try a scented candle, diffuser or essential oils
13. Make a list of 10 things you are thankful for
14. Buy yourself some fresh flowers – cut, potted or even just one flower
15. Take a 5-10 min solo coffee break (or beverage of choice)
16. Work on an adult coloring book, Sudoku or crossword puzzle to let your mind destress
17. Take a nap
18. Try a new healthy recipe
19. Take a 10 minute break and practice some slow breathing exercises
20. Indulge in an afternoon treat
21. Ask for help with something
22. Journal your thoughts for the day
23. Pour yourself a huge glass of water and drink it
24. Go to bed 30 minutes earlier than usual
25. Spend 30 minutes doing something that makes you happy
26. Write a self-affirmation list
27. Head outside for a 15 minute walk
28. Meditate or sit quietly for 10 minutes
29. Write a letter or note to someone you care about
30. Treat yourself to something that makes you feel beautiful – a new lipstick, new nail polish, etc

#EVMBSelfLoveSept