

# 14 Day Self-Love Challenge



14 self-love prompts to help you look inwards and give yourself  
the affection you so deserve.

By Halcyon Naturals



[www.halcyonnaturals.com](http://www.halcyonnaturals.com)

# Hello!



Valentine's Day is just around the corner. And you know what that means: Cards, pressies and pressure to come up with the perfect show of affection for that special person in your life.

Well, this year, we want to do things a little differently.

We know that the past 12 months haven't been the easiest for a lot of you. From struggling to keep your mental health afloat in lockdown, to trying your best to keep your physical health up amid restrictions, it's certainly been a challenge! Now more than ever, we think that we could all do with a serious dose of self-love.

That's why we carefully crafted 14 prompts - one a day until V-Day itself - to encourage you to practice care, grace and gratitude throughout the first half of February and beyond. This time, all in relation to yourself not somebody else!

We believe that self-love is a journey (not a destination), but know that committing to these daily tasks of care will set you on the right path.

**Don't forget to share your experiences throughout the challenge with #14DaySelfLove, as we'd love to connect with you.**

Wishing you a halcyon state of mind,  
Sarah, Founder of Halcyon Naturals  
[www.halcyonnaturals.com](http://www.halcyonnaturals.com)



## DAY 1: PRACTICE GRACE

Most of us are more forgiving of the people around us and those that we love, than we are of ourselves. We often dwell on our own mistakes, fixate on our perceived “flaws” and talk to ourselves in ways that we would never talk to our friends or family.

“UGH how could I think that?! That’s horrible!”

“I can’t believe I did that... I’m such an idiot.”

“I hate \_\_\_ about myself.”

We believe that all of this negative self-talk can have a real impact on the psyche and slowly but surely decrease confidence and feelings of self-worth. So, we wanted to kick off the month of love with some grace.

**On a piece of paper, write down three things that you forgive yourself for. Take 10 deep breaths, imagining you breathing in forgiveness and breathing out the negativity you’re holding onto. Then, to seal the deal, burn your piece of paper (safely, of course!)**

Our **Release Candle** is the perfect addition to this ritual, allowing you to harness the power of aromachology to find forgiveness within yourself.



## DAY 2: SPEAK THE LANGUAGE OF LOVE

Do you know your love language?

If not, we're about to completely and utterly change your relationship with yourself and with everyone else in your life!

A love language is the way that we express and like to receive love. There are 5 in total...

Words of Affirmation  
Acts of Service  
Receiving Gifts  
Quality Time  
Physical Touch

Whilst learning your partner's love language can be a powerful way to build a stronger connection through knowing how to communicate your love to them, that's not what these prompts are about!

### **Learn your love language and use it on yourself**

If you're into words of affirmation, create a list of 10 things you love about yourself.

If you favour acts of services, do future you a favour, whether that's meal prepping or doing a load of laundry before you get desperate!

If you like receiving gifts, buy yourself a treat. May we recommend a [Halcyon Naturals Subscription](#)?!

If you like quality time, run yourself a bath and indulge in some alone time!

If you're into physical touch, really focus on the sensations of applying your skincare today.



## DAY 3: SETTING BOUNDARIES

In the modern world, it can feel like we're almost constantly connected. An Instagram post here, an email there. It can get too much.

That's why today we encourage you, as an act of self-love, to create some social media boundaries.

**Define how much time you want to spend online and doing what.**

This might not come easily! However, it'll be totally worth it for your mental health's sake. Trust us.

Use your phone's Screen Time feature to measure how well you're doing each day, both in terms of how many hours you have it in your hand, but also how that time is split between apps.

If you're struggling to get clear on your online priorities, our [Clarity Diffuser](#) is a brilliant way to clear the mind and hone in on what really matters.

Don't forget to share pictures of your self-love journey with #14DaySelfLove



## DAY 4: FOCUS ON THE BREATH

Did you know that “Meditation in a span of six to nine months can reduce anxiety levels by 60%”?

Pretty impressive stuff, right?! Personally, we think that everybody should try to squeeze meditation into their day, even if it's only for a few minutes. Not only is it great for wellbeing and as a way to show yourself some love, but it's also completely free.

All you really need is you, somewhere to sit and your breath!

### **Meditate for 5-15 minutes**

That's right, make some time today to look inward. If you don't want to go it alone, a guided meditation is a great option and we particularly like this Meditation For Self-Love practice which is free on YouTube.

If you choose to make meditation a part of your daily routine, we recommend creating a mental trigger that shows your mind it's time to find calm. Lighting up our Meditation Candle is a great option.



## DAY 5: LOVE YOURSELF FROM MORNING TO NIGHT

We all know that sleep is ridiculously important in terms of feeling our best. Unfortunately, a lot of us just aren't getting enough! In fact, the average Brit feels drained for a massive two hours and 56 minutes each day.

One way that we've experienced first hand can totally revolutionise bedtime is simply having a routine. We know. We know. You've heard it all before. But it's true: Creating steps that you commit to before you get between those covers is a great way to signal to your brain that it really is time to switch off.

**Decide on three things that you want to do as a “nighttime routine” going forward**

Here's some ideas to get that beauty sleep inspiration flowing...

Put down your phone an hour before bed

Read ten pages of a book

Apply cuticle oil

Light a relaxing candle

Listen to a relaxing playlist

Get into your comfiest PJs

Have a soothing bath



## DAY 6: CLEANSE YOUR SPACE

We don't know about you, but we always feel 100x better when our space is organised. That doesn't have to mean Pinterest-perfect. However, it does mean having a living and working space that does what it needs to for you.

Today's act of self-love is a way to get closer to having just that. It's time to purge! In a mindful, calm way, of course...

### **Give away 5 things that no longer serve you**

Clothes that don't fit. Books you know you'll never read. Forgotten seasonings in the back of the cupboard that went off in 2018. It's time to get rid, to help cleanse your space and make room for items that actually serve a purpose in your oh-so-special life.

Remember, try to donate or recycle items whenever possible!

To create even more freedom within your environment, our Cleanse Room Mist can be sprayed to help clear the mind and shift stagnant emotions.



Don't forget to share pictures of your self-love journey with #14DaySelfLove

## DAY 7: NO MORE PROCRASTINATION

Today's act of self-love is all about helping your future self. We can't give you too much guidance on this one, but we believe that your heart will tell you what to do!

**Do something you've been putting off**

If you feel like the task might be slightly draining, our Energy Candle is the perfect way to get those motivation levels up and rid yourself of procrastination.



[www.halcyonnaturals.com](http://www.halcyonnaturals.com)



## DAY 8: GET INTENTIONAL WITH THE EVERYDAY

Mindfulness. It's on everybody's lips at the moment.

However, it doesn't have to be complicated. It's actually just the practice of putting yourself in the moment, through focusing on the sensations of the body along with what is going on around you.

### **Do one of your daily tasks with a dose of mindfulness**

This prompt is perfect whether you're applying your skincare, making a cuppa or are out for your daily walk. As you do it, really focus on the feelings in your body (your hand applying your cleanser, the weight of the kettle, the earth under your trainers) and take deep breaths as you do so.

You might be surprised at the level of calm it adds to your day!



## DAY 9: PRACTICE SELF-GRATITUDE

We all know that being grateful is important, right?

According to [Psychology Today](#), grateful people even sleep better! However, in the spirit of Self-Love February, today we encourage you not to simply be grateful in general, but to practice some serious self-gratitude.

### **List 10 things that you're grateful for about yourself**

Your empathy, your work ethic, your physical strength! Whatever they are, it's important to focus on the positives sometimes (or a lot of the time), as falling into negative self-talk is easily done.

We recommend combining this exercise with our [Love Candle](#) to truly tap into the love you have for yourself.



## DAY 10: START SAYING “NO”

Earlier in the month, we encouraged you to set some social media boundaries. It's safe to say that we eased you into boundary setting, as we're kicking things up a gear today.

Saying “no” to Twitter is one thing. Saying “no” to an invitation to go out is quite another!

### **Make a list of everything you want to say “no” to going forward**

Is there a type of evening out you don't enjoy? A work commitment you hate? A habit you don't want to engage in anymore? Make a list of everything that comes to mind and, going forward, stick to it!

Boundaries are one of the keys to a happier, healthier life. And you shouldn't feel bad for having them.

To help fix your relationship with boundaries, indulge in our Healing Candle. It's a blend of lavender, lemongrass and peppermint to relieve stress and uplift your spirit!



## DAY 11: WHAT'S NON-NEGOTIABLE?

We know that self-care is easier said than done.

And, if you were to follow what you saw online, you'd be doing a yoga practice, two walks, an hour-long bath, a facial, a chat with a friend and some intense physical exercise every day. There wouldn't be time for anything else!

We don't believe that self-care is about doing as much as possible.

It's about fulfilling your needs, in a way that works for you.

**Create a list of the non-negotiable self-care practices you want to do every day**

These could be as simple as cleansing your skin morning and night. Or they could be more time-intensive things like committing to an hour-long walk. It's all about listing the minimum things that you need to do everyday to feel like the best version of yourself.

Don't forget to share pictures of your self-love journey with #14DaySelfLove



## DAY 12: YOUR PRODUCTIVITY IS NOT YOUR WORTH

Today we want to keep it simple. Because, sometimes in the world of self-love, simple is the best way to go.

**For an hour today, don't be productive.**

Do something that doesn't push you towards your goals. Something that you just enjoy. That's it.



## DAY 13: SHOW YOUR BODY SOME LOVE

We're nearing the end of our 14-day challenge and you might have realised that most of our prompts have been related to the mental: They've been about finding calm, releasing negativity and just generally improving your mindset. However, self-love is also about the physical.

So, today, we encourage you to get in touch with your body and show it that you care.

### **Spend 5 minutes doing a self-massage**

You don't need anything fancy, nor do you need a special technique. Grab some olive oil or coconut oil from your cupboard and just rub your feet, arms and legs in a way that feels good.

However, if you do want to go deeper, head to the [Halcyon Corner](#) for our blog post all about self-massage, where we share our techniques and tips.



## DAY 14: SIGNED. SEALED. DELIVERED.

Happy Valentine's Day!

We hope that on the day of love, you're feeling more connected and obsessed with how wonderful you are than ever before! After all, you've been working hard for the last two weeks to tune into yourself and rediscover what it means to practice honest self-love.

However, now that we're at the end of this challenge, we don't want you to simply let go of everything that you've learned! We want you to continue to love yourself in any way that feels good to you.

That's what today's prompt is all about.

### **Write yourself a letter to open a month from now**

In case your path to self-love has got rocky, remind yourself of how amazing you are. Write about why you're proud of yourself and how you want to practice self-care going forward. It will be the perfect reminder on March 14th 2021 that self-love is a journey, not a destination!



# Speak soon!



Well done for committing to loving yourself and looking inward this month. It's no easy task but you've done it! And we hope that you're reaping the mental rewards. We know that we are.

For more talk on all things self-care and aromachology, don't forget to find us on [Instagram](#). Plus, make sure you're subscribed to our mailing list for tips straight to your inbox (as well as offers that are only available to you). Scroll to the bottom of [our homepage](#) to sign up!

Thank you for joining us on this journey and we can't wait to connect with you again soon.

