

# Daily Love Potions

In the shapes write down ways you can show yourself love, compassion and kindness. Then everyday for 30 days show yourself some love. Write down what you did and how you felt.

- |          |          |
|----------|----------|
| 1 _____  | 16 _____ |
| 2 _____  | 17 _____ |
| 3 _____  | 18 _____ |
| 4 _____  | 19 _____ |
| 5 _____  | 20 _____ |
| 6 _____  | 21 _____ |
| 7 _____  | 22 _____ |
| 8 _____  | 23 _____ |
| 9 _____  | 24 _____ |
| 10 _____ | 25 _____ |
| 11 _____ | 26 _____ |
| 12 _____ | 27 _____ |
| 13 _____ | 28 _____ |
| 14 _____ | 29 _____ |
| 15 _____ | 30 _____ |

