



# Love your body



**BaIR**  
*Necessity*

	1. Greet yourself every morning with a "Hello Gorgeous!"	2. Make a list of 5 things you love most about yourself!	3. Rock your favorite shade of Red Lipstick all day.	4. Get Panera for dinner. No clean up tonight!	5. Make time for a walk today to clear your mind.	6. Invite your friends over for a group workout and brunch!
7. Tonight, treat yourself to a luxurious bubble bath with candles and soft music.	8. Send 5 girlfriends a thinking of you note in the mail!	9. Buy yourself flowers! You deserve it!	10. Wear something bold today! Own it!! ☺	11. Reach out to a fellow challenger and let them know how much they inspire you!	12. Plan a fun girls night for the weekend!	13. Call an old friend just to say hi and catch up!
14. Wear RED Today and be Fierce!	15. Dive yourself into a new book. Share the title with us.	16. Smile more today, it is contagious. ☺	17. Do a random act of kindness today - What did you do?	18. Pamper yourself with a mani and pedi, new hair cut, or a solo trip to Target.	19. Get started on something you've been putting off!!	20. Laughter is the best medicine; make it a stay in girl's night and watch a funny movie!
21. Schedule a massage day in your near future.	22. When you share your love for something, it puts people in a mood to want to find love in their life.	23. Put on some happy tunes and have a dance party.	24. How do you spoil yourself halfway through the week? We all should! What did you do?	25. Find an Ice Skating or Roller Skating rink near you and plan a fun day with some friends.	26. Skip wherever you go today. It will put a smile on your face and others around you.	27. Make a strawberry treat for yourself today. Share the recipe!
28. Make a crock pot meal and enjoy a stress free dinnertime.	29. Reflect today. How will you make next month POWERFUL?!	30. Commit to making yourself a priority beyond this group!	I am beautiful.	I am strong.	I am worth it.	