

28 DAYS OF SOUL CARE  
(A SELF-LOVE CHALLENGE)  
FEBRUARY 2024 EDITION





28 DAYS OF SOUL CARE  
(A SELF-LOVE CHALLENGE)

DID YOU THANK YOURSELF TODAY?  
IF NOT, TAKE THIS JOURNEY IN FEBRUARY  
EACH YEAR TO FALL IN LOVE WITH YOUR OWN  
SOUL A LITTLE MORE EACH DAY.  
CARE TO TAKE THE CHALLENGE WITH ME  
THIS FEBRUARY?



## BONUS CHALLENGE VIDEO FOR CREATORS

WHAT ARE YOUR IMPRESSIONS ON DAY 1?

DO YOU THANK YOURSELF ENOUGH?

WHAT ARE WAYS YOU CAN BE EXTRA KIND  
TO YOU THIS MONTH TO MAKE THIS MONTH A  
LONG TERM HABIT?



# 28 DAYS OF SOUL CARE (A SELF-LOVE CHALLENGE)

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WHAT AM I GRATEFUL FOR TODAY?



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THANK YOU, ME, FOR...



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I AM SO GLAD THAT I DID \_\_\_\_ FOR ME TODAY  
BECAUSE, FROM THIS MOMENT ON, I...



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HEY, TODAY ME? I APPRECIATE YOU FOR...



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HEY, TODAY ME? I APPRECIATE YOU FOR...



# HAPPY LEAP DAY 2024

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[illegible]

LEAP YEAR SPECIAL... WHAT LEAPS AM I  
PROUD OF ME FOR MAKING RIGHT NOW?



## BONUS CHALLENGE VIDEO FOR CREATORS

WHAT ARE YOUR IMPRESSIONS ON DAY 1  
VERSUS WHEN YOU ENDED?

WHAT SYSTEMS OR TOOLS CAN YOU USE TO  
KEEP THIS MOMENTUM GOING IN THE FUTURE,  
BEYOND THIS YEAR?

WHAT ADVICE DO YOU HAVE TO SHARE WITH  
YOUR AUDIENCE, OR WHAT ELSE DID YOU  
LEARN ABOUT YOU THAT YOU FEEL  
COMFORTABLE SHARING?

THANK YOU FOR TAKING THE TIME TO BE  
HONEST WITH YOU AND OTHERS.





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