

30 Day Self-Love and Care Program

Sweet Smiling Soul

By Lauren Taylor
Soul Mentor for Women

Introduction

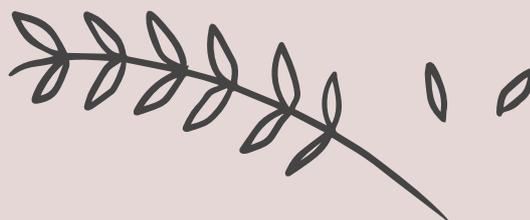
The aim of this program is to provide inspiration for daily self-love and care practices so that you can feel harmony within. When we express love towards ourselves and make choices with an intention to honour our highest self, it's easier to feel peaceful, create balance and allow for others to love us in return.

A lack of self-love is often the root cause to many of our personal problems. As we lead busy lives, self-love and care can often be neglected. **The thing is, when we practice self-love and make it a priority, other areas of our lives begin to benefit.** Then we're able to move through the clouds within our soul and make way for more sunshine.

The best place to start is to become aware of how we treat our mind and body. Have a think about the parts of you that need love and attention right now and consider the practices within this eBook. You can shuffle them around if you like and weave them into your daily life as you please.

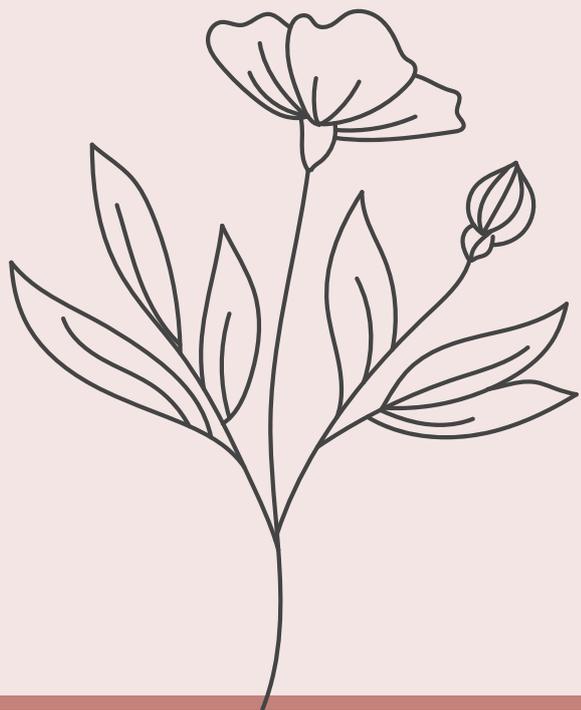
If you can aim to tick off **at least one thing daily** - you've done a great job! On days where you are unable to schedule in a practice, try to make up for it on another day by **engaging in a double dose of self-love and care at a time that feels good for you.**

Have fun with it and **be gentle with yourself. Remember that self-love and care is a practice.**



*"Loving starts with
the self."*

- Wayne Dyer



1

Say out loud – “I am learning to love and accept myself”

Let's start here. It's important to know that self-love and care is an ongoing practice. When we make room for this practice in our lives, we open our hearts to receive. **Embrace your ability to love and be loved. Practice gratitude towards yourself for embarking on a self-love and care journey.**

Say it now and say it loud – **“I am learning to love and accept myself”**



2

Look in the mirror and say to yourself “I love and respect you with all my heart”.

Take a moment here and look into your eyes. **Notice your face, the colour of your eyes. Maybe tears flow - let them. Look inside your soul and let yourself receive love.** Say “I love and respect you with all my heart”. Repeat it if you like.

Maybe you see something different. Maybe you begin to feel a sense of liberation. I know for me, the tears flowed. It was perhaps the first time that I had really stopped to acknowledge myself and show true love and admiration.

Practice this at a time that feels good for you and see what comes up.

3

Drink lots of water today

This is kind of a no-brainer but for some reason it can be easy to forget at times. Flush out your system, purify your body, even if it means having to pee 50 times throughout the day. **Do your body a favour and flush out what doesn't serve you.**

4

Remember your inner child and do something you know she would appreciate.

The little girl inside is still there and she loves you unconditionally. Close your eyes and remember her.

Journal out your answers to the following:

- What did she love to do?
- How did she play?
- How did she see the world?
- What made her laugh?
- What made her cry?
- How did she express herself?



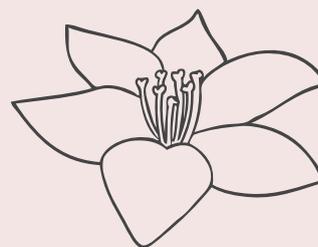
Remember her and honour her by doing something that you know she would appreciate. Create something, listen to her favourite song, watch her favourite movie or admire her in photos. Visualise her and give her a big warm hug. **Know that she loves you and she is proud.**

5

Listen to music that makes you feel good.

We often associate certain songs with certain emotions, memories and experiences. Think of songs that really allow you to remember the good times. What songs make you feel empowered, energised, or calm and content? What music makes you feel inspired and creative? **Go through the songs and even create a specific playlist that encourages those feel-good vibes.** Have a sing and dance in the process!

6



Write down your strengths

Do you realise how strong you are? Think about what you have overcome in your life, make a list and remind yourself of why you are strong. Write down all your personal strengths.

Maybe you're an empath and find it easy to connect with others and be that support. Maybe you're excellent at problem solving. Maybe you do really well under pressure. Maybe you create a warm and inviting home for your family and friends. Maybe you are a great communicator and a great listener. Maybe you are super creative and love to share and teach your craft to others.

Whatever it may be, write it down and **know that your unique strengths give you power in certain areas of your life.**

Embrace that power and acknowledge yourself for it.

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Practice Yoga and/or Meditation

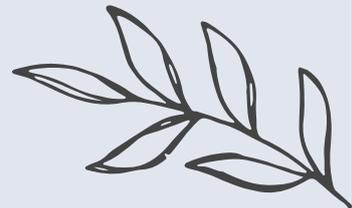
Yoga and meditation truly allows you to be present with your mind and body. It helps to relax and nurture your soul. When you practice slow and carefully, it can even result in feeling as though you've just had a full-body massage. Practice gentle stretches and feel the sensations that come up. **Do your best to surrender to the process but do not force yourself.** When meditating, sit comfortably and observe your breath. Try listening to a guided meditation if it helps. Whenever a thought pops up, acknowledge it and then come back to the breath.

Yoga and meditation can be achieved when mind and body are at the same place at the same time. Experiment and practice whichever way feels good for you.

8

Go for a walk – Discover a magical place

Walking in nature helps to de-stress and take a breath of fresh air. When we are amongst nature and become aware of our surroundings, it can act as a moving meditation. **You'll give rest to the mind.** Going for a walk, even without a plan of direction, **gives the mind a creative boost** and if you're open to taking a different route and exploring the unknown, you might be surprised by what you find. Feel free to explore new areas or go for a walk to your favourite place. If you find yourself short of time, you could always drive to your favourite park and do a lap or walk to the closest area of nature for you, even if it's your own backyard. **Walk and embrace nature.**





List 3 things that you love about your body

Shake things up a bit and **start to focus on what you love about your body**. All too often we desire to look a certain way or to look different. We put down our bodies, only focusing on the bits we don't like. **Shift this mindset and begin to appreciate all the parts that you LOVE**. I know you can think of at least 3 things. You can start with your heart and your lungs – there you go! Two things that work night and day to support you! Love your eyes and the fact that you're able to see colour and beautiful things. Love your hands and the fact that they allow you to create, write, text, carry things. Love your legs for being able to walk anywhere. Love your female organs for being able to carry and give birth to your baby/babies. 3, 2, 1 – GO!

Remember how far you have come and celebrate the journey

Sometimes we forget how far we have come. Remember that time when you wanted to move out of home, and you did? Remember that time you wanted your driver's licence and you got it? Remember when you got that job that you really wanted? Remember when you desired to travel overseas, and it happened? Remember when you listened to your intuition and decided to start your own business. Remember when you learned that new hobby and became an expert? Remember when you were scared to try that new thing and you overcame the fear? **Think about how far you have come and celebrate the wins! Big or small! Keep doing your thing!**

Replace a negative thought with a positive one

You know, the biggest critic is the one inside of us. **Practice being more aware of your inner dialogue and call yourself out when you notice yourself self-sabotaging.**

Swap some of the negative thoughts and opinions of yourself (and others) with something more loving and supportive.

I'm bad at this...

I can't...

That's not good enough...

I shouldn't have...

I'll never...

I'm not worthy...

I'm learning ...

I'll do my best!

That's good for now!

That was a good lesson!

I'll give it a go!

I am so worthy of this!

Whatever the thought is for you, **do your best to counteract its effects on your mind and body and replace the thought with one that serves your highest good.**

Take some time to read something helpful and inspiring

Read something that inspires you. Maybe start by noticing how you feel today, and research blog posts or books based around those feelings in order to make you feel inspired or uplifted. Or simply read for pleasure. Maybe it's a novel or something that a friend recommended. Maybe it's a book that's been on your list of "must reads". **Treat yourself to some downtime and get lost in the pages.**

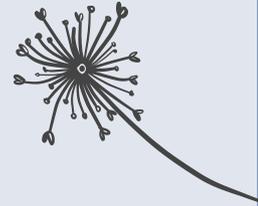


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Call or arrange a meetup with someone who lifts you up!

Surround yourself with people that make you feel good about yourself. Call your best buddy today and have a long chat or meet them for a coffee and catch up on all the things. It's so important to have friends that support you and lift your spirits. **Think about that friend and make a date, even if it's not today, plan a day this week! Do something fun together!**

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Take some time out and say “no” to anything that doesn’t feel good

Practice saying no when you mean no. Many of us say yes when we really mean no. This can stem from a need to please everybody and a fear of letting others down. **Put yourself first and understand that it is perfectly okay to say no when you feel the need.** Say “yes” to you today and “no” when you feel it is necessary. A practice to help you check in and tune into your intuition –

Step 1. Sit quietly and close your eyes.

Step 2. Ask yourself the yes/no question that is playing on your mind.

Step 3. Feel the answer by noticing your body’s reaction. If it’s a yes, you’ll most likely feel warm and fuzzy and content within your body. If it’s a no, you’ll feel tension / uneasiness or your mind and heart will start to race - warning you that it is simply a no go.

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Clean out the cupboards/ declutter your space

A lot of our mental clutter can be caused by the physical clutter surrounding us. **Do a service to yourself and sort out whatever doesn't add value to your life.** Clean out the junk drawer (we all have one), the cupboards, under the bed and sort your stuff into piles – **Keep / Donate / Rubbish / Sell**

You'll love the satisfaction you feel. If you're a super neat and tidy person and this comes naturally to you, maybe focus on rearranging your items. It's amazing how the energy shifts in a room when you reorganise, redecorate or shuffle things around.

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Cook your favourite meal

Treat yourself and enjoy the process. **Play some music, set the table nicely – even buy some flowers or light a candle.** Let your body feel the sensations as you eat your favourite meal. Notice what you liked the best. Notice if your leg starts to tap, tears come to your eyes, if you feel warm and fuzzy. **Surrender to the entire experience and thank yourself for taking the time to create it.** If you're not into cooking, dine out or order in! Do the same process as above, set the table, **focus on how good it feels and how much you appreciate it.**



Create something with your hands

How magic is it that we can create with our hands? We create when we cook, engage in art and craft, or play a musical instrument. Think of something that you would like to create with your hands. **When we do this, it helps us to become present and in the moment. Once again, mind and body will be at the same place at the same time. It's not about creating something perfect, it's about the freedom to express yourself. Have a play!**



List 3 things that you love about your personality

Have a think about what makes you a good person. **Why are your friends attracted to you? What draws people into you?** Is it your sense of humour? Your ability to listen attentively? The way you express yourself with intention and meaning? Your bubbly personality? Your creative ideas? Your ability to lift up your friends and inspire them? Your helpful attitude?

Write at least 3 things! Keep going if you're aware of more!

It's important to remind ourselves how we make an impact on people's lives. **Train yourself to think about all the great qualities you have! I know there are too many to count! You'll realise how valuable you are in no time.**

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Pamper yourself

Nurture your soul and pamper yourself! Do what makes you feel calm and content. Attend to those toenails, take a long bath, treat yourself to a full-body massage, put a face mask on. Make a day of it! Invite your friends! **Allow yourself to relax and take care of yourself. You deserve it!**

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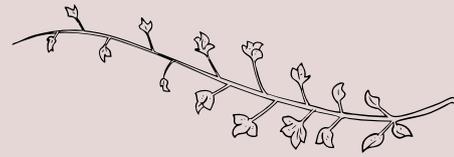
Listen to your favourite podcast

So much inspiration can come from great podcasts. **Think about the different topics that make you feel inspired and excited to learn. What could you spend an hour or two listening to?** Is it comedy, spiritual, or 'how to'? Is it motivational, science, business? Whatever topic you feel drawn to, do a little research and find a podcast that covers topics you know you'd love to listen to. **Maybe go for a walk while you listen or lay in the sunshine – there you go! Double up on your self-love practice!**

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Let yourself sleep in today

If you're usually a person who is on the go all the time or an early riser because work, work, work or jobs, jobs, jobs, allow yourself to just sleep in. **Pick a day that suits you best. Turn off the alarm and let your body decide when it wants to wake.** It's okay to have slow mornings – usually they're the best mornings!



Invite a friend for brunch

This is bound to lift your spirits. Invite your favourite person/people and enjoy some good food and conversation. Have everyone bring a food of choice, throw cushions and pillows on the floor, make it a fun picnic style brunch! **Create a space that's inviting and perfect for you and your friends.**

Pancakes, overnight oats, fruit platter, avocado toast, dippy eggs! The lot! Get creative and have fun with it! If you prefer to dine out, do that! Visit your favourite brunch place and enjoy every minute!

Write down all the things that light you up

This is a biggy! If you find yourself feeling a bit down that's okay. **Let yourself feel and acknowledge your emotions.** **When we honour ourselves and our feelings, that too, is an act of self-love.** When you feel ready, write down all the things that bring you joy. Sometimes it's just a matter of remembering those things. To get you started, here's a little list of ideas:

- Smiley people
- Dancing and singing to your favourite music
- Meetups with friends
- Watching comedy
- Cute little houses and buildings with balconies and flowers
- Swimming in the river or ocean
- Playing games with your friends and family
- A big hug from someone you love

Brainstorm and write it all out. **Keep adding to the list over time and refer back to it when you feel the need.**

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Look for beautiful things – Let your mind be inspired

Notice your surroundings. **Where can you find beauty and inspiration?** Is it in your own creative work, your neighbour's garden, in your local park? Or is it in coffee table books, an art gallery, your wardrobe? **Actively look for the things that you feel would inspire you. It'll be like a bath for your mind.**

Become aware and appreciate the beauty in life. Welcome new ideas!

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List 3 things about yourself that you are proud of

Remind yourself of your ability to achieve things that are important to you. What are your 3 things? Did you ace an exam? Did you sell one of your creations? Did you run a marathon? Whatever it is, **take note and be proud!**

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Go for a picnic

Pick a sunny day and go to your favourite place for a picnic. Invite a few friends or go alone. Pack the food that you love most, take a rug, a book, your music, your bathers. Lay in the sun and make a day of it. You could even come up with a theme! **Be amongst nature, yummy food and good company.**



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Watch the sunrise or sunset

Appreciate nature's magic. Whichever feels good, morning or evening? Make it a date with your loved one or your best friend. Take pictures, send gratitude towards life. **As you watch the sun, think of the best thing that happened today.**

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Learn something new

Learning is one of life's greatest gifts. **Do yourself a favour and expand your mind. Allow yourself to learn today, something totally new!** Maybe it's watching YouTube videos about gardening or sewing. Maybe you learn how to create a website or learn a new language. Or how to bake bread or change a tire on a car. Anything! Just something new. Something that you've always been interested to know but have never taken the time. **Take that time today and feel a sense of accomplishment.**

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Unplug from your social media and phone

Take a break. It's okay to unplug from time to time. Give yourself a rest and engage in something that makes you feel good. **Have a technology detox just for one day and feel the benefits.**

Notice and feel your heartbeat – Count your breath

As mentioned earlier, your heart works night and day to support you. **Become aware of it and send gratitude towards it.** Lay on your back, place your left hand on your heart and right hand on your belly and breathe deeply. Notice your heart, visualise a green colour (heart chakra) and thank yourself for how far you've come. **Send love towards your body.** You could even do it before you go to sleep. Once you've thanked your body, begin to notice the rise and fall of the belly and count your breath as you fall asleep.

*"You are allowed to be
both a masterpiece
and a work in progress,
simultaneously."*

- Sophia Bush



By incorporating some of these self-love and care practices into your daily life, you'll begin to feel more content, aligned and ready to give your energy to others.

R e m e m b e r :

You cannot pour from an empty cup.

Which self-love and care practice will you do first?

Share your practices on Instagram and tag @sweetsmilingsoul!

For a deeper self-love and care experience, we can work together in a one-on-one capacity where we focus solely on you and your needs.

Maybe you resonate with the following:

- Too busy
- Feeling overwhelmed and lacking in energy
- Finding it hard to believe in yourself
- Plagued by limiting beliefs
- Self-doubt, fear and worry linger in your mind
- Feeling stuck and lacking in purpose

I totally get it - I've been there.

But I've found a way to empower myself, feel good and create a life that inspires me, and I can show you how to do the same!

Let's have a friendly chat to see what's possible for you. I'd love to hear your story and your big picture vision!

Click here to schedule a free discovery call.

If you liked this eBook then you will also like my mini course, **'Deep Soul Cleanse'**.

'Deep Soul Cleanse' is 5 steps to get you feeling more aligned and content within. It's everything that's helped me on my own soul discovery journey and I've put it into one place for you to access now!

[Click here to learn more!](#)

About Lauren

As a mentor, writer, artist and certified yoga teacher with a background in Early Childhood Education, Lauren uses her natural ability to nurture the souls of women. Calling on her intuition, creativity and her desire to guide and support others, Lauren will help you to uncover your soul's true purpose. She'll encourage you to connect with your inner child and find contentment within so that you can feel inspired by your life.

