

21 days of self-love

W A N D E R F R E E W E L L N E S S

Welcome to 21 days of self-love!

I'm Jen, founder of the yoga, wellness, and retreat community Wander Free Wellness. I created this simple self-led habit change program to inspire busy people to reclaim their lives by focusing on their own self-love and self-care.

Our current lifestyle leaves many of us feeling tired, overworked, and overstretched. We often take care of everyone else's needs before our own. In fact, our own needs get put on the back burner for that day in the future when we have "more time." Ahhh, that sweet, sweet day in the future when all of our worries, cares, busyness, and to do list is all gone. It will be so magical when that day arrives.

Newsflash. That future doesn't exist.

Trust me on this. In my 32 years on this planet, I've waited for that day. And I've waited. And I've waited. I've changed career paths 4 times already, thinking the next career path would give me more time for myself. I've put my creative self on hold for so much of my life, waiting for when I could finally get through all of my more urgent tasks.

You will never have time for yourself unless you MAKE time for yourself.

It's time to shift your priorities.

We're going to do it one small step at a time. And it starts by creating just one habit - one habit - that is 100% for you. It's a habit that you enjoy, or one you've been meaning to cultivate in your life.

This habit is one of self-love. What feels like it's nurturing your mind, body, or soul? What have you been "meaning to do" as soon as you can get around to it?

Let's not get crazy. Just choose one for now. After the 21 days if you're feeling good, you can add in a second habit and see how it works for you. But let's start small, check in along the way, and celebrate our successes.

The journey continues...

Think about what you love to do.

If you're stuck, think about what you loved to do as a child.

What brings you joy?

Have you been meaning to do more yoga?

Maybe you've wanted to learn to play an instrument.

Have you been wanting to drink more water?

How about just reading a book for enjoyment?

Maybe you just want some goddamn peace and quiet.

Give it to yourself.

Is that you already making excuses? "You don't get it Jen, I literally have NO TIME. I have 18 kids, 3 jobs, and a husband who doesn't cook, so don't tell me to make time for self-care." You know what? I used to make excuses too. I was working a gazillion jobs at one point. True story. One gazillion.

But you know what's funny? I somehow managed to have time to look on Instagram or Facebook for a few (more than a few) minutes a day, or watch Stranger Things on Netflix. So where did that time come from?

Let's stop thinking about it and just do it.

I don't care if it's 5 minutes a day. Give yourself one minute to breathe in the bathroom with the door closed.

Just do something. But do it every day. You got this.

Self-love habit ideas to get you started, or choose your own:

- Read a book
- Focus on your breath
- Practice an instrument
- Paint/draw/create
- Garden
- Exercise
- Practice yoga
- Meditate
- Journal
- Drink 8-10 glasses of water
- Eat 5+ servings of vegetables
- Watch the sunset/sunrise
- Go for a walk without technology
- Learn something new

Every day, check when you've completed your self-love! There's an option to record the duration of your self-love, and a word or two about how you feel. Let's do this!

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W A N D E R F R E E W E L L N E S S

My self-love habit:

Day 1 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 2 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 3 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 4 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 5 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 6 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 7 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Week 1

Notes, Thoughts, Doodles

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W A N D E R F R E E W E L L N E S S

My self-love habit:

Day 8 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 9 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 10 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 11 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 12 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 13 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 14 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Week 2

Notes, Thoughts, Doodles

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My self-love habit:

Day 15 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 16 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 17 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 18 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 19 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 20 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Day 21 (___/___/___)

Completed? ☐

Length of time spent:

How do I feel?

Week 3

Notes, Thoughts, Doodles

You should be so proud of yourself.

Whatever you did over these three weeks, was perfect.

It was enough.

You gave it your best.

You set the intention to bring positive changes into your life, by focusing on your self-love.

Continue on your journey, and remember to wander free.

Namaste.