

SELF love SEPTEMBER

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						1 Get curious! Spend some time reading about a topic you find interesting
2 Designate 30mins of the day to do something you love	3 Make a playlist of songs that make you happy	4 Listen to that playlist <-- while in the shower and sing as loud as you can!	5 Light a candle, grab your fluffiest towel, and a bottle of bubble bath	6 Go subscribe to LittleMissExpat.com (shameless self-plug)	7 Write a list of things you are grateful for.	8 Do something to make someone else smile
9 Get active! Go for a run, try a yoga class, or play with a sports team	10 Spend some time with family and friends!	11 Try out a meditation app and take some time to reflect	12 Try out a new recipe	13 Create a bucket list of all the things you want to do this year!	14 Be Present	15 Listen to a podcast that makes you feel happy
16 Get in touch with someone you haven't spoken to for a while	17 Have a no-tech evening!	18 Find a quote you like and share it with others	19 Have a chilled evening and watch your favourite show	20 Do something creative	21 Treat yourself! Go out for dinner or buy yourself a gift	22 Watch an old TV show/movie that makes you feel good
23 Get outside! And reconnect with nature	24 Play a board game or card game with family	25 Go leave a nice comment on LittleMissExpat.com	26 Wake up and don't check your phone!	27 Make a cup of your favorite hot drink (tea, hot cocoa) before sleeping	28 Put on a face mask and relax	29 Do some baking!
30 Set some goals for the next month!						