

## MONTHLY MINDSET CHALLENGE

# Focus on Love

### WEEK 1

#### Self-Love Soiree

Start your month by showering yourself with love. Each day, carve out a few moments just for you. Whether it's savouring a cup of tea, taking a leisurely walk, or indulging in a favourite hobby – prioritise self-love. Notice how these small acts of kindness toward yourself ripple positivity throughout your day.

### WEEK 2

#### Radiate Kindness

It should be easy to extend your love outward this week; that is what this season is all about, isn't it? Make a conscious effort to perform one small act of kindness daily. It could be a compliment, a helping hand, or a heartfelt note. Watch how spreading love creates a beautiful ripple effect, uplifting your own spirits.

### WEEK 3

#### Gratitude Galore

What a great time of the year to shift your focus to gratitude. Cultivating gratitude has a profound impact on your mindset, reducing stress and inviting a sense of abundance. Each day, jot down three things you're grateful for. They could be big or small – the key is to savor the positive aspects of your life.

### WEEK 4

#### Social Connection

In case I have not said this enough, why not wrap up the month by incorporating the word 'LOVE' into your daily conversations intentionally. Instead of merely saying "I like that," try "I love that!" Infusing your language with love creates a positive loop, triggering feelings of warmth and connection.