30 Days of Feeling More Confident & Beautiful

	1 Post a positive post-it message on your mirror.	2 Schedule a mani/pedi.	3 Write down three things you love about yourself.	4 Put on your favorite outfit.	5 Try new haircuts using an app.	6 Try a new workout class.
7 Create a simple skincare routine.	8 Do some morning stretching.	9 Go window shopping.	10 Go for a sunset walk.	11 Use a foot scrub.	12 Read an inspiring story.	13 Create a personal-ized self-care checklist
14 Make a confidence playlist.	15 Start a small wins jar.	16 Create a simple moisturiz-ing routine.	17 Frame a photo of a special memory.	18 Try a vibrant lipstick.	19 Hold power poses in the mirror.	20 Have an at-home spa evening.
21 Smile at yourself when you walk past a mirror.	22 Get fresh flowers for the home.	23 Do some-thing just for you.	24 Tell your-self you're beautiful out loud.	25 Go to a meetup or event to meet new people.	26 Make a list of your strengths.	27 Celebrate a recent achieve-ment.
28 Dance to your favorite music.	29 Reconnect with an interest or hobby.	30 Visit your dream neighbor-hood.				O&H Ordinary & Happy