



Stacey Dunbar

Self-Love Celebrator

Bring Awareness to Habits & Develop Self-Love Discipline

Month			
Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sept	Oct	Nov	Dec

Day																															
Habit	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

“Treat yourself the way you want others to treat you.”

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Day		T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH	F	S	S	M	T	W	TH				
Habit		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
H E A L T H	6 glasses of water daily																																			
	AM/PM Supplement	▲			▲				▲				▲					▲					▲				▲					▲				
	Move 20 min. a day																																			
	Bedtime ritual/ 8:30																																			
M E N T A L	Read Nightly																																			
	Nightly Gratitude																																			
	No screens after 8:30																																			
	Homework 3X a week																																			
S P I R I T U A L	Meditate Daily																																			
	Journal Daily																																			
	Breathing Breaks																																			
	Declutter 1 room a week																																			
S E L F C A R E	Get outside every day																																			
	Nature 2Xs a week																																			
	Say I love you in mirror																																			
	1 Monthly massage																																			
	Take Bath 1X a week																																			
S O C I A L	2 Friend dates a week																																			
	Text one friend each day																																			
	Go to 1 Meetup each wk																																			

Example

“Treat yourself the way you want others to treat you.”
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Here are some examples for six categories of wellness. Feel free to use these or come up with your own to fill in your chart. You do not need to fill in all 20 spaces.

Health	Mental	Spiritual
<ul style="list-style-type: none"> • Drink ____ glasses of water daily • Exercise _____ times a week • _____ minutes of movement a day • Take daily vitamin/supplements • Eat 3-5 servings of fruits and veggies • No sugar • No pop/soda • _____ calories per day • Floss daily • Wash face before bed/Bedtime ritual • Wake up or Go to bed on time • Hit target number hours of sleep • No snacking • No alcohol 	<ul style="list-style-type: none"> • Read nightly • Complete homework • Do sudoku/crossword or other game • No screens after a certain time • Practiced new skill (guitar, water-coloring, knitting) • Try something new each week/month • Work on online course • Research particular topic 	<ul style="list-style-type: none"> • Daily gratitude practice • Daily meditation • Daily journaling/free write • Daily Affirmations • Pray • Random act of kindness
Self-Care	Social	Emotional
<ul style="list-style-type: none"> • Monthly massage • Time in nature • Mani/Pedi • Tidy up home • Saying “I love you” in mirror daily • Make your bed daily • Unplanned fun/relaxation time 	<ul style="list-style-type: none"> • Family Dinner/No Cell Phones • Call a friend • Text a friend daily • _____ outings with friends per week • Call parents _____ times a week • Quality time with children • Quality time with partner • Date night with partner • Family/Friends over for dinner 	<ul style="list-style-type: none"> • Sex with partner _____ times per week • Journaling daily/nightly • Weekly Family Meeting • Presence with children • Left work on time • Stayed off social media • Limit myself to _____ on screens daily

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Thank you for taking the courageous step towards celebrating your self-love! This tracking tool is designed to support you and your growth towards awareness, discipline, and consistency in making yourself a daily priority. Remember, others treat us the way we treat ourselves, we are a model that is mirrored back to us. Therefore, it is important to take the necessary steps to nourish our mental, emotional, physical, spiritual and social health daily. Below are some tips to make your Self-Love Celebrator a success:

- Each month, print out a copy of the Self-Love Celebrator, identify the items you'd like to add, and write them under the habit column. You do not need to fill in all 20 spaces, but you can if you'd like. Make it work for you!
- To the left of the habit column, you may label the different areas you chose to focus on. Refer to the example for more information.
- The example uses a variety of colors to highlight each focused area. Organizing your chart into categories and highlighting each category with a different color is a useful tool to visually draw attention to your areas of strength and the areas you may want to put attention towards.
- Please use this tool as an exercise in celebrating all the ways you show up for yourself daily and to gather data on the areas or times when our self-love drops off. For example, if you notice there are one or two days when almost nothing was marked off, reflect on why that was the case, WITHOUT judgement. The purpose is to bring awareness to patterns so you can be better informed on how to support yourself daily.
- Remember, this tool is meant to help you gather data to help bring awareness to how you nurture yourself. It is imperative that it is not used like a habit tracker, which gives users a sense that you are "not meeting a goal" if you don't get to check every box off. Shift your mindset to celebrating all the ways you do show up for yourself daily and use the data to help you make informed choices for the following day, week, or month ahead as you continue to develop self-love discipline.
- Make this process your own and be creative. There are many ways this tool can be used to support you. For example, you may choose to focus on one particular area (like Spirituality) all month or use a sprinkling of tasks from each of the six areas. You get to decide what you'd like to put your energy towards.
- Use this tool for self-reflection. Notice your patterns, without judgement. Set new intentions for next month based on the data you collect each week. Again, this tool is meant to inform, bring awareness, and help celebrate your wins. If you find yourself, coming from a place of judgement, being self-critical, or feel pressure if every box is not checked off, then you are using it as a habit tracker and not a self-love celebrator.

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