

T R E A T

YO'SELF

By **Heaney**

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@heaney

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DAY 1

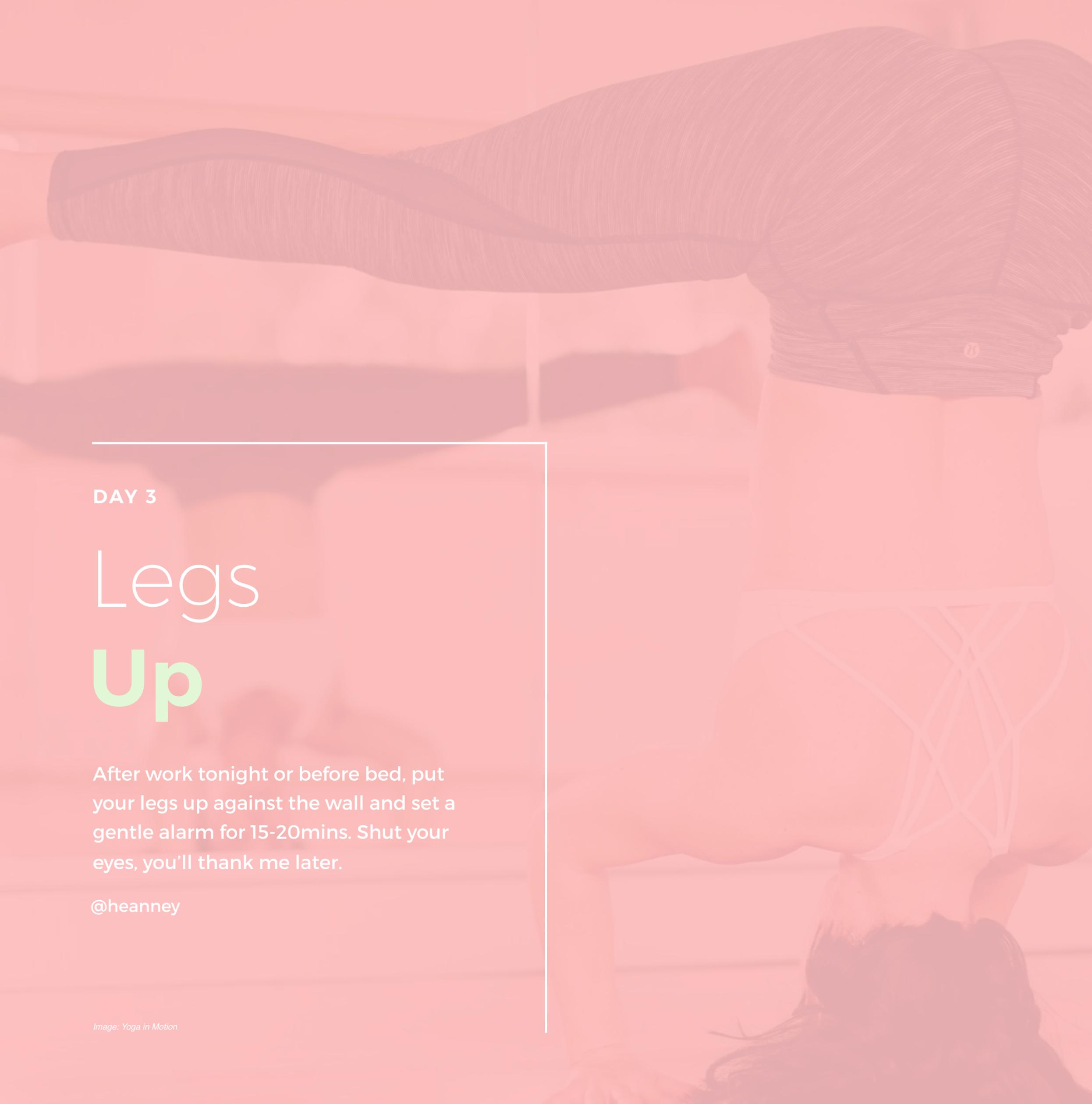
# Pickup the **Phone**

Call somebody that you've been wanting to catch up with, You never know, your call could be the highlight of their day, even if it's as simple as wishing them a happy new year.

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*Image: The Photography Blogger*





DAY 3

# Legs Up

After work tonight or before bed, put your legs up against the wall and set a gentle alarm for 15-20mins. Shut your eyes, you'll thank me later.

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DAY 4

# Mirror Mirror

Mirror, mirror on the wall, whose fairest of them all?

**YOU ARE!** Don't walk away from the mirror without saying something nice to yourself. Say it out loud if you want to!

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*Image: Cathy Yin*

DAY 5

# Treat Yo'self

Choose one thing to spoil yourself on.  
Go book that lunchtime massage/ have  
that piece of dessert / go for a walk /  
have your lunch outside of the office...

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DAY 8

# Drink

# Up!

Down **two** glasses of water first thing in the morning. Set an alarm for every two hours to drink two glasses per alarm. Your body will thank you for it!

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DAY 10

# Dream Big!

Spare 20 minutes of your day to ask yourself, what do you want **most** to happen in your life. Close your eyes and visualise it, then write it all down. Remember there is no such thing as dreaming too big!

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DAY 11

# Eat Mindfully

Put your phone away during every meal today. No phones, TV, emails, computers, radios... during meals. **Look** at your food, **smell** it, **chew** it, truly **taste** it, and **enjoy** every single bite.

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DAY 12

# Look Up & **Breathe**

We often forget to look up and appreciate our beautiful sky. Take a couple seconds or minutes, **Take 3 deep breathes**, Notice how the trees and the clouds move to the wind, See what you never noticed about your surroundings.

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DAY 13

# Meditation is your medication

You have to slow it down to appreciate the now. Sit in a comfortable position, with your back up against the wall and set a gentle alarm for 10 minutes. Place your hands on your thighs with your palms facing up. Close your eyes, **remember thoughts are part of meditation**. When you catch yourself thinking, simply acknowledge it, let the thought go and bring your awareness to your breath.

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DAY 15

# Date Night

Ask your bestie or partner or family out on a date. Put your phones away, find out how each other truly are doing and connect with one another.

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DAY 16

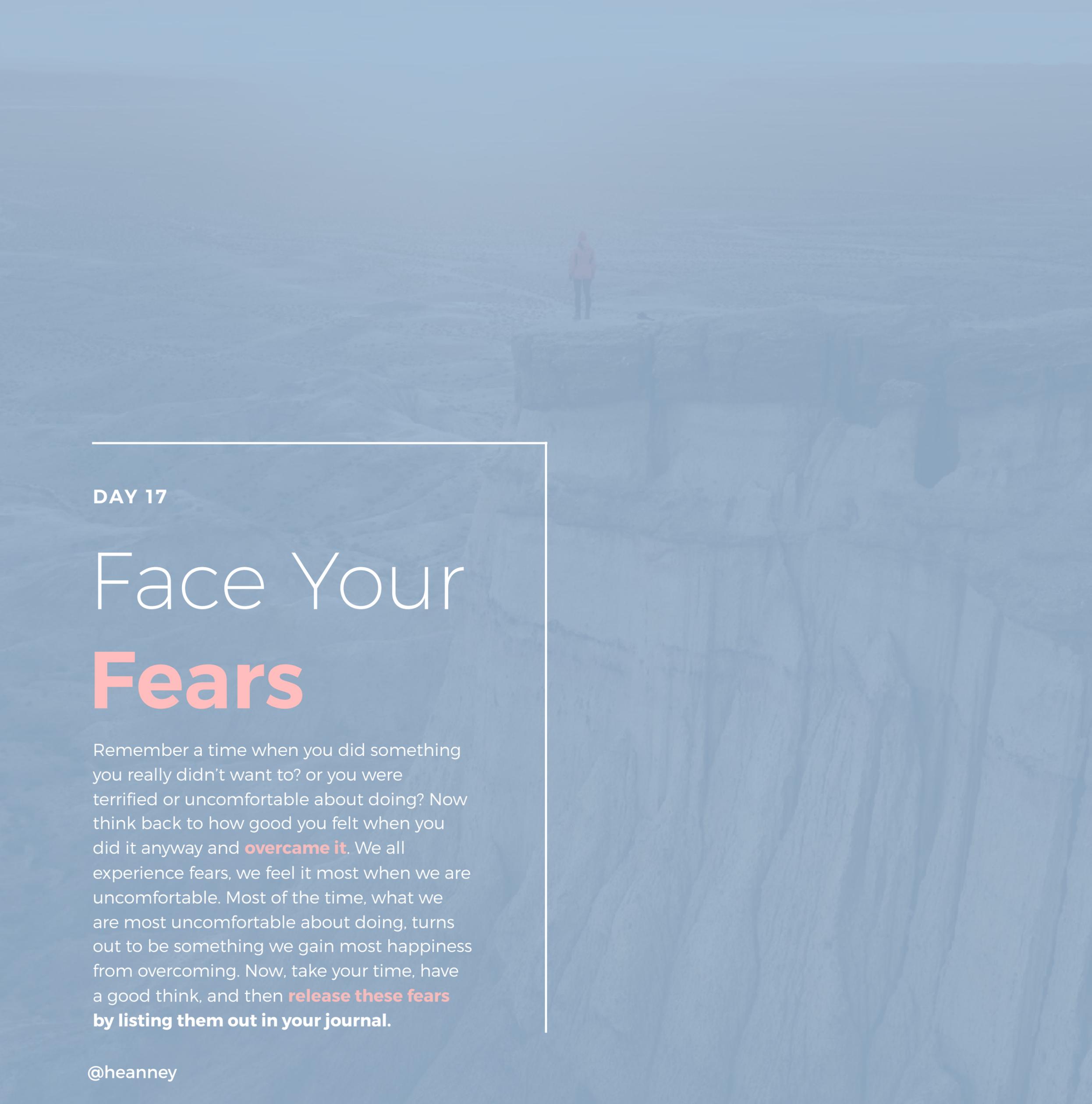
# Eat the **Rainbow**

Did you know that we need **at least 4 servings of vegetables a day for optimal health**. Today, let's go green or go home, allow yourself only one meal with animal protein. Better yet, go meatless all day with me, make your plate as colourful as you can!

**Tag me on your rainbow meals**

**#treatyoselfchallenge**

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A person in a red jacket stands on a rocky cliff edge, looking out over a vast, hazy landscape. The scene is captured in a blue-tinted, semi-transparent style, serving as a background for the text.

DAY 17

# Face Your Fears

Remember a time when you did something you really didn't want to? or you were terrified or uncomfortable about doing? Now think back to how good you felt when you did it anyway and **overcame it**. We all experience fears, we feel it most when we are uncomfortable. Most of the time, what we are most uncomfortable about doing, turns out to be something we gain most happiness from overcoming. Now, take your time, have a good think, and then **release these fears by listing them out in your journal.**



DAY 19

# Morning Ritual

Our mornings set the tone for the rest of our day. Today, I challenge you **not** to look at your phone until you are out the door in the morning. Wake up, have a little stretch, put on something nice to wear, have 2 glasses of water, enjoy your breakfast and worry about messages and emails later. Enjoy a **calm and stress-free start** to your day!

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*Image: Maria Efamova*



DAY 20

# Let's **Keep** **It Movin'!**

Today, you will make the effort to move your body, for at least **30 minutes**. Choose an activity you enjoy, grab a friend along for a catch up! Tag me on your adventures, i'd love to see them! **#treatyoselfchallenge**

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DAY 21

# Be Kind

Kindness makes you happy and happiness make you kind. Today, **show your kindness** to somebody. Help out a stranger, take your mum out for lunch, donate to your favourite charity.

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*Image: Rosie Hardy*

DAY 22

# Bring Your Lunch to Work

If today is not a good day, choose a day to plan ahead. Show me what's in your lunchbox and tag me on your meals!

[#treatyoeslfchallenge](#)

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DAY 24

# Good Night

It's time to prioritise our sleep. Be in bed **by 10pm**. Even if you don't fall asleep straight away, prepare yourself for bed, say your goodnights and put your phone away. **No excuses**, think about the extra hours you gain and how refreshed you'll be the next morning!

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Image: Olive Does the City



DAY 25

# But First...

Limit your coffee to **1 cup** today and have it **before 10am**. Ditch the Starbucks and go treat yourself to a quality cup of coffee, my favourite is an almond Piccolo, it's heaven in a cup!

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DAY 26

# How Was Your Day?

Write down 3 amazing things that happened yesterday and 1 thing you could have done to make your day **even better**.

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DAY 27

# Phones Off!

Remember not long ago, when we all entertained ourselves without our phones? Today, I challenge you to put your **phone away**, or switch off! Be present today, feel how exhilarating it is to not be so available all the time.

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DAY 29

# No But, How Are You **Really?**

I don't know how many times I've tried to connect with a friend by asking them how they are doing, and what I get in response is 'i'm so busy, you?' We wear our busy-ness on our sleeves like a trophy, and we allow it to define our day and who we are. I want you to **ditch the word** busy and notice other things in your day that makes it special.

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DAY 30

# Learn to **Delegate**

We can't be good at every single thing, so don't be afraid to ask for help. If you don't like to do the dishes, **ask somebody to help**.. If you are better at the creative side of your business, hire somebody to help with the side that you dread so that you can build on your strengths. Life is too short to do anything that doesn't light you up!

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DAY 31

# Spread The Love

**Congratulations** on completing the challenge! You have shown yourself love every single day, how does that feel? Was there any exercises you feel you could incorporate in your everyday life? Choose one to add into your daily ritual.

Let's **spread the message** of self love, and share this challenge with a friend, family, colleague or even your boss (I dare you haha) Remember, we are do better in our every day life when we show up as the best versions of ourselves, so **never forget to treat yo'self to some juicy self love.**

**#treatyoselfchallenge**

@heannee

*Image: Mariah Houghton*

T H A N K

YOU!

...for going on this journey of self love with me,  
Never forget to **fall in love with yourself first** :)

Love, always

H

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