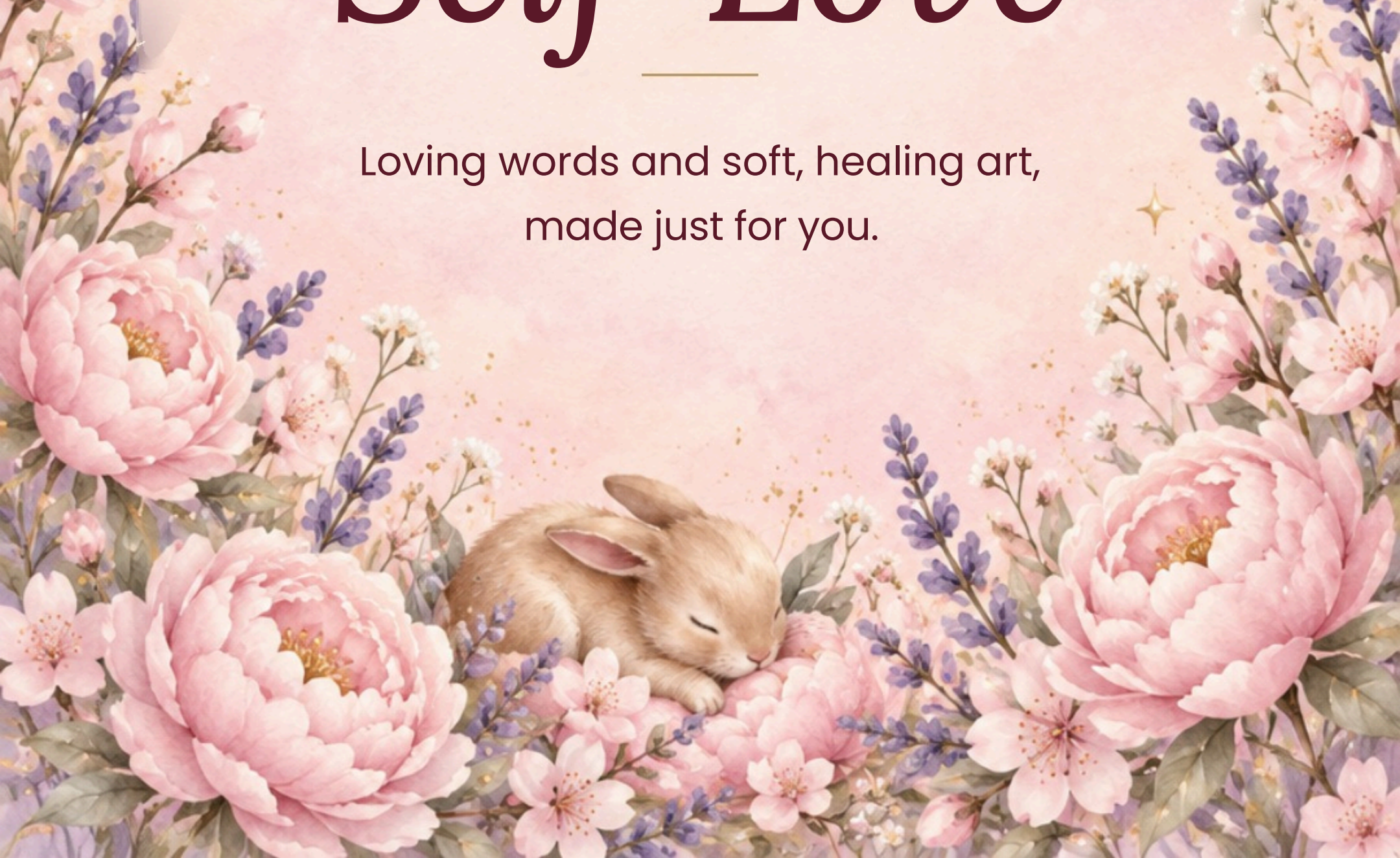
MERIDELLA WELLNESS

30 Days of Self-Love

Loving words and soft, healing art,
made just for you.



HOW TO USE THIS GUIDE

1

Begin gently

Read one page each morning, or evening, whichever feels right to you.

2

Say it slowly

Out loud or quietly in your mind, let each word resonate.

3

Take 3 calming breaths

Pause for each one and notice how you're feeling.

4

Carry it with you

Screenshot your favorite pages, set them as your lock screen, or print them out as an inspirational poster.

Missed a day? That's okay.
Simply pick up wherever you left off.

DAY 1

I am worthy of love exactly as I am.



DAY 2

I give myself the same kindness I give to others.



DAY 3

My feelings are valid, and I'm allowed to feel them.



DAY 4

I am enough, even on the days I do less.



DAY 5

I choose to speak to myself with love.



DAY 6

I deserve good things,
and I let them in.



DAY 7

Today I give myself permission to rest.



MERIDELLA WELLNESS

DAY 8

I breathe in calm and breathe out what I can't control.

DAY 9

My peace matters more than pleasing everyone.



DAY 10

I am safe in this moment.



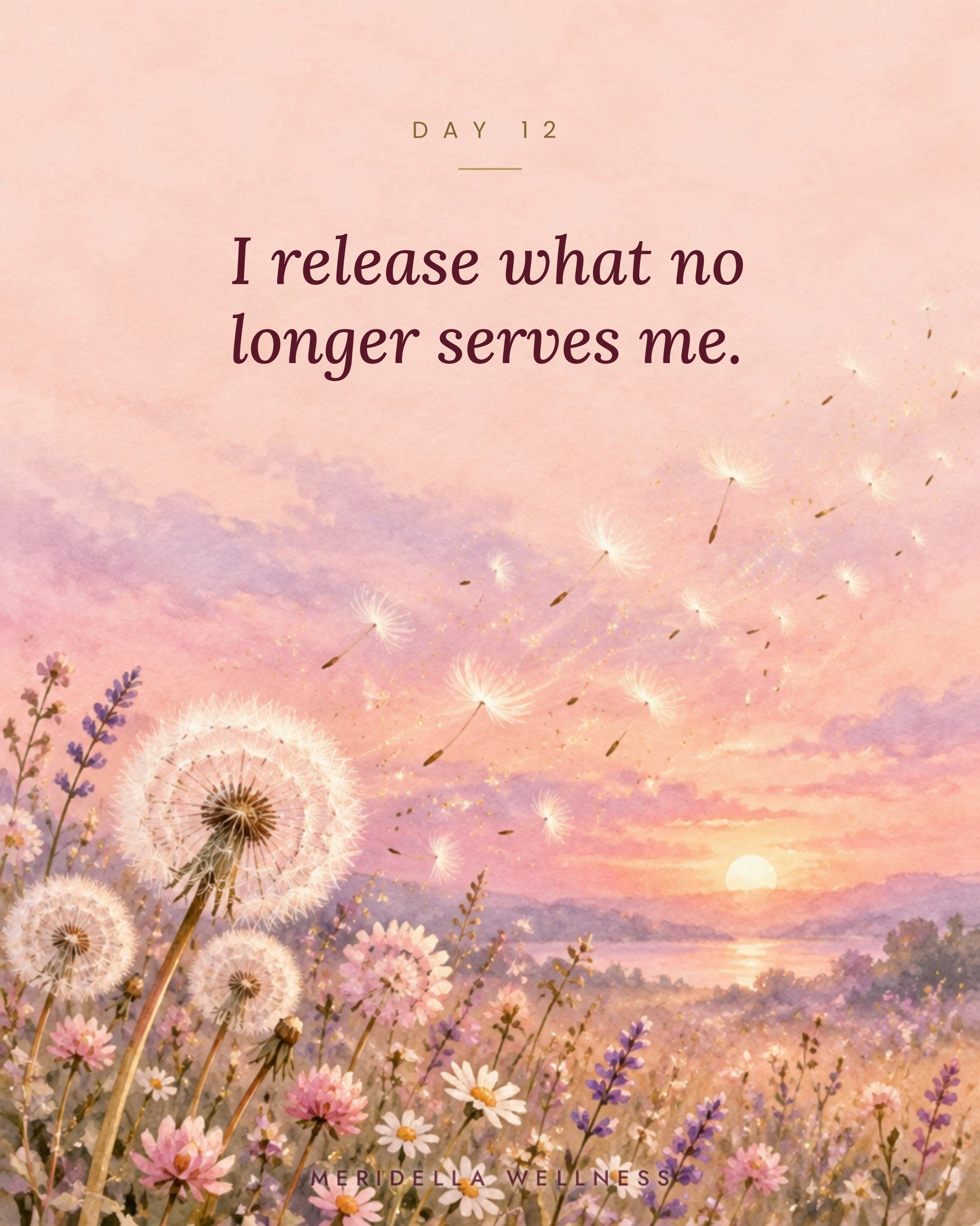
DAY 11

It's okay to take things one step at a time.



DAY 12

I release what no longer serves me.



DAY 13

I trust the timing of my life.



DAY 14

I am allowed to start again whenever I need to.



DAY 15

I am grateful for my body and all it does for me.



DAY 16

I celebrate my small wins.



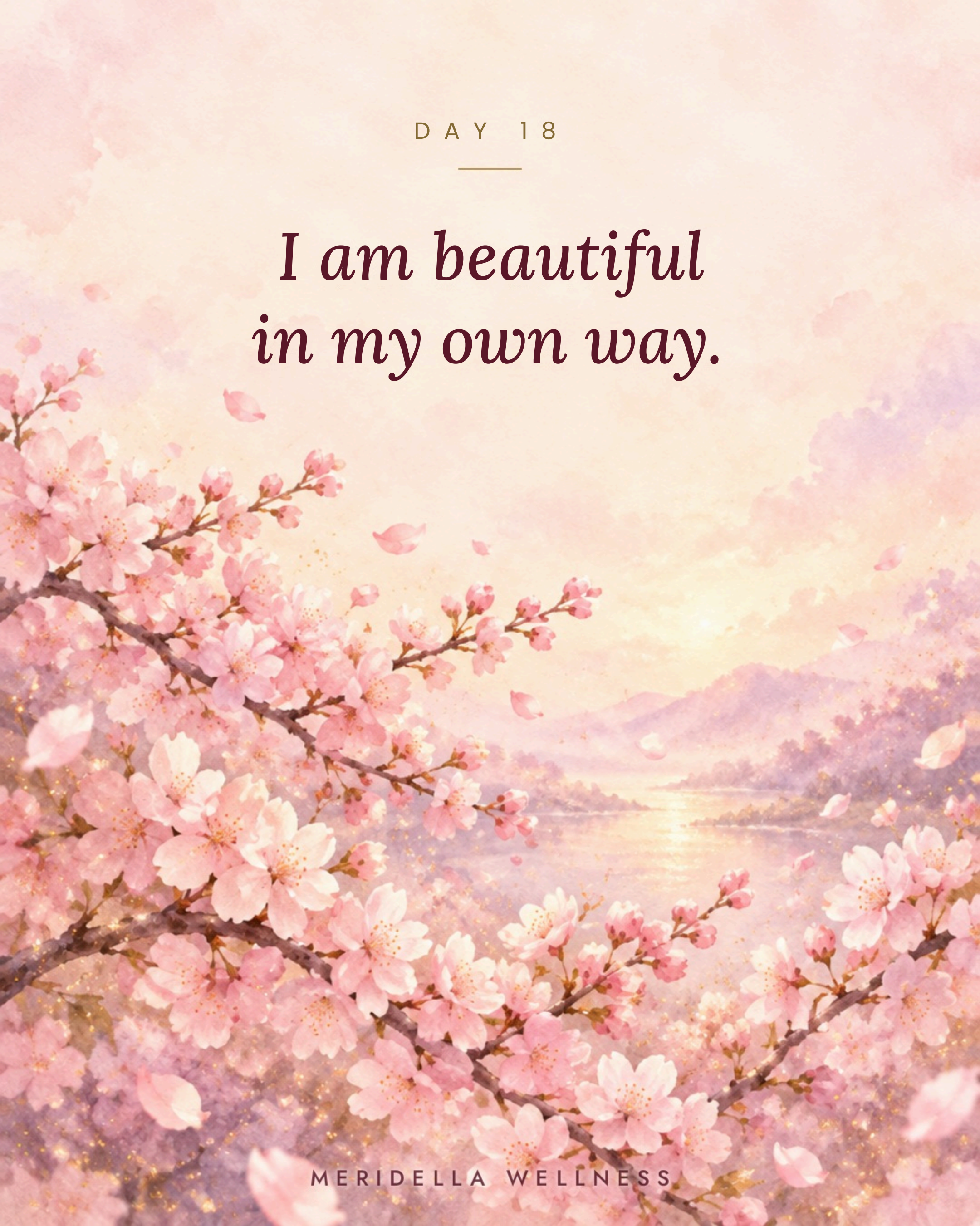
DAY 17

Joy is allowed to be simple.



DAY 18

I am beautiful
in my own way.



DAY 19

I nourish my mind, body, and spirit.



DAY 20

I make space for things that make me happy.



DAY 21

I am proud of how far I've come.



DAY 22

I am growing, and growth takes time.



DAY 23

I trust myself to make good choices.



DAY 24

I am open to love in every form.



DAY 25

My dreams are worth chasing.



DAY 26

I attract kindness,
and I give it freely.



DAY 27

I am connected to something bigger than me.



DAY 28

I forgive myself and
I let myself heal.



DAY 29

I love who I am becoming.



DAY 30

I am my own safe place.



YOU DID IT

Thirty days of loving yourself. Keep going. ♡

Continue your daily self-love in the **Meridella Wellness Space**, almost ready to open, a gentle place made for women to nurture their well-being.

- ✨ Daily Positive Affirmations
- 💗 Self-Care Reminders
- 🌿 Healthy Habits
- 📖 Wellness Courses & Personal Growth

Join the Grand Opening →

Free to join. We'll email you when the doors open.