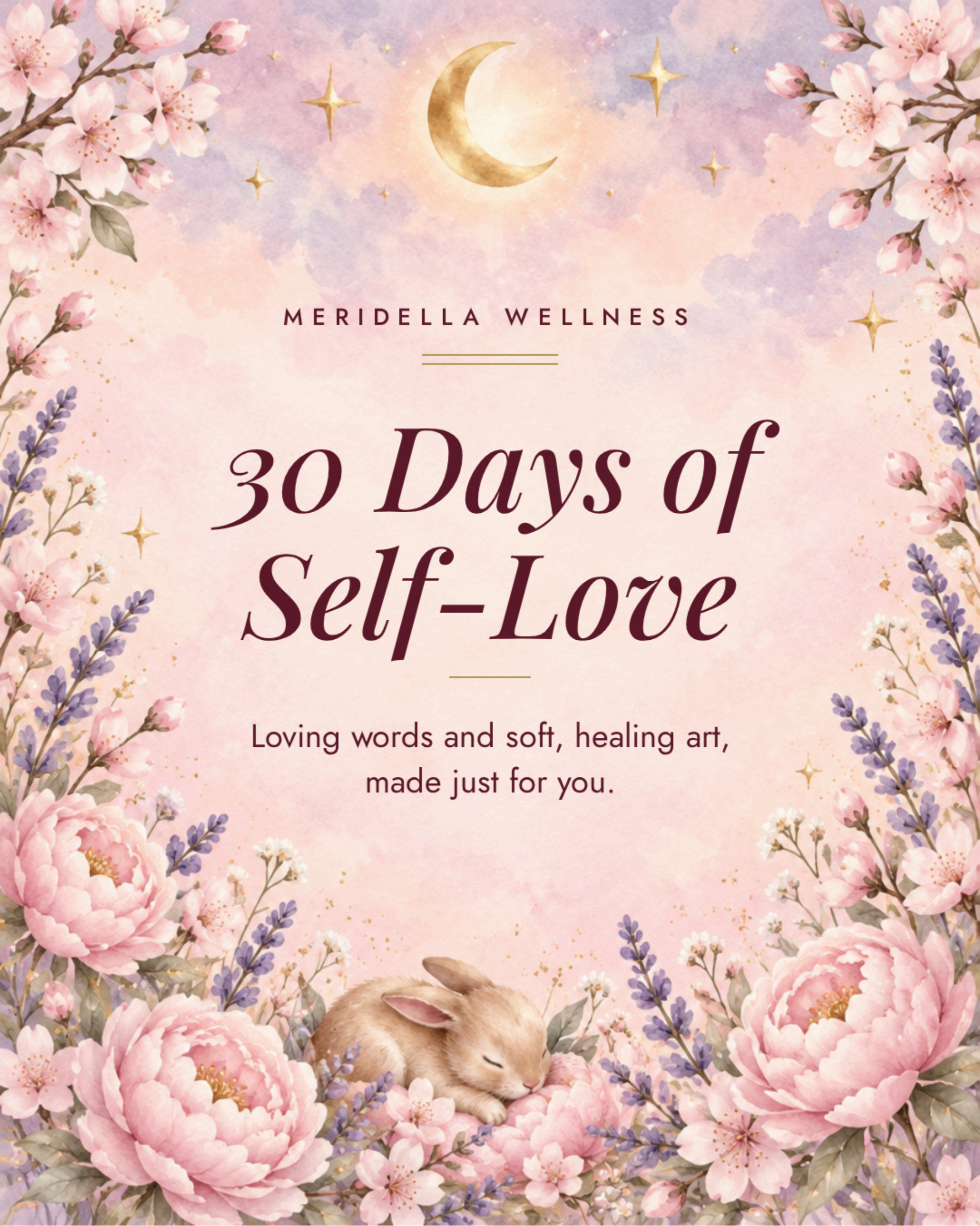




MERIDELLA WELLNESS

30 Days of Self-Love

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

A decorative border featuring pink cherry blossoms, purple lavender sprigs, and golden stars and a crescent moon against a light pink background.

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.*

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DAY 2

*I give myself the same
kindness I give to others.*



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DAY 3

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



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DAY 4

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



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DAY 5

*I choose to speak
to myself with love.*



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DAY 6

*I deserve good things,
and I let them in.*

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DAY 7

*Today I give myself
permission to rest.*



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DAY 8

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

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DAY 9

*My peace matters more
than pleasing everyone.*



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DAY 10

I am safe in this moment.



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DAY 11

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



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DAY 12

*I release what no
longer serves me.*

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DAY 13

*I trust the
timing of my life.*



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DAY 14

*I am allowed to start
again whenever I need to.*



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DAY 15

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



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DAY 16

*I celebrate my
small wins.*



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DAY 17

*Joy is allowed
to be simple.*



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DAY 18

*I am beautiful
in my own way.*

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DAY 19

*I nourish my mind,
body, and spirit.*



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DAY 20

*I make space for things
that make me happy.*



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DAY 21

*I am proud of
how far I've come.*

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DAY 22

*I am growing, and
growth takes time.*



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DAY 23

*I trust myself to
make good choices.*



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DAY 24

*I am open to love
in every form.*



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DAY 25

*My dreams are
worth chasing.*



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DAY 26

*I attract kindness,
and I give it freely.*



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DAY 27

*I am connected
to something
bigger than me.*

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DAY 28

*I forgive myself and
I let myself heal.*

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DAY 29

*I love who I
am becoming.*



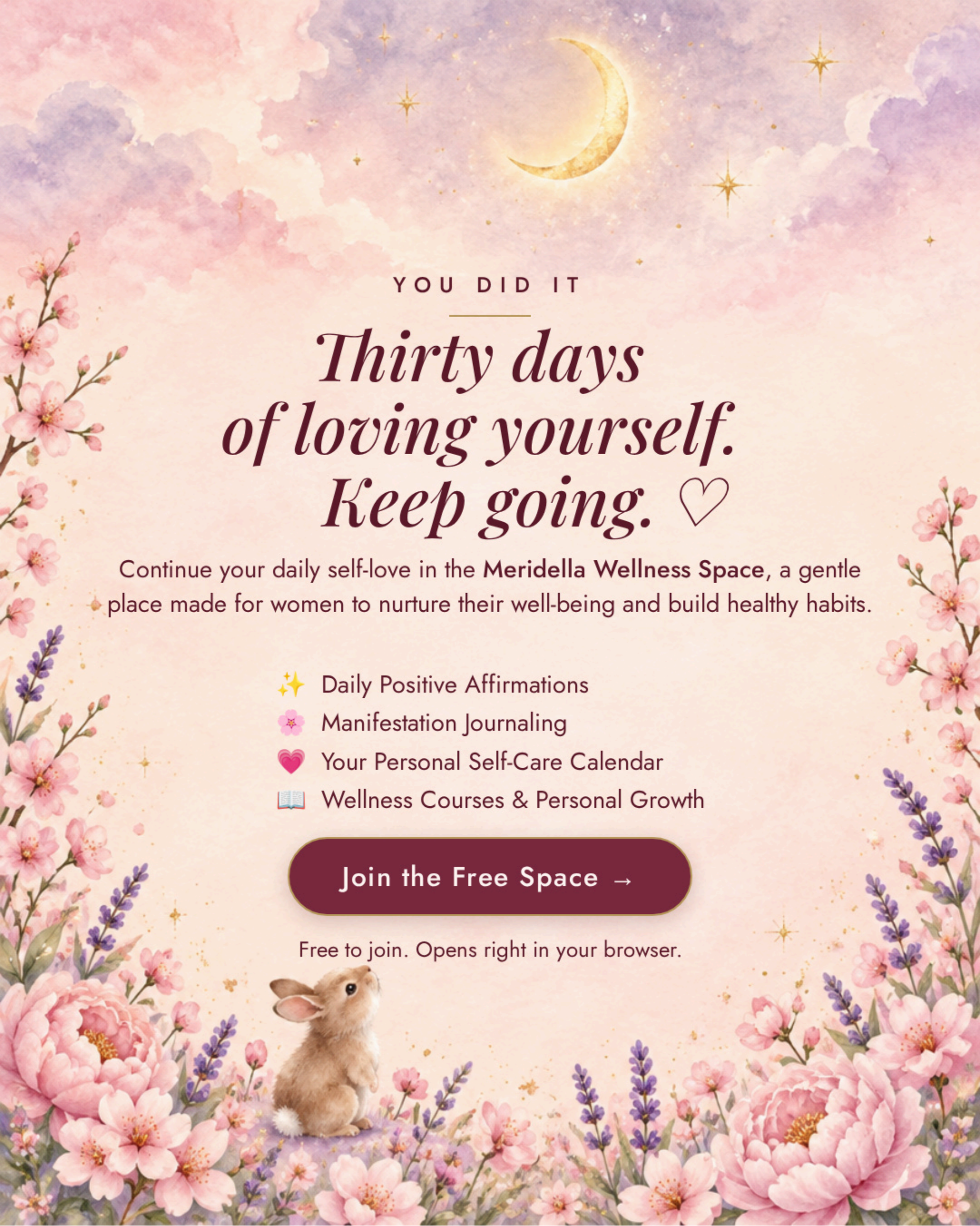
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DAY 30

I am my own safe place.



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YOU DID IT

*Thirty days
of loving yourself.
Keep going. ♡*

Continue your daily self-love in the **Meridella Wellness Space**, a gentle place made for women to nurture their well-being and build healthy habits.

- ✨ Daily Positive Affirmations
- 🌸 Manifestation Journaling
- 💖 Your Personal Self-Care Calendar
- 📖 Wellness Courses & Personal Growth

[Join the Free Space →](#)

Free to join. Opens right in your browser.