



7 Days of
Self Love

HISDAUGHTERSCLOSET.COM

A hand holding a pen over a scroll. The background is a soft-focus image of a hand holding a pen over a scroll, with a white scroll and a gold pen. The text is overlaid on this background.

Day 1

Healing

- Bible Verse: “Daughter Do not awaken love to soon” Song of Sol.8:4
- Activity: Face Mask and Down Time

Many body image issues and unworthiness can be tied to rejection. Take today to pray about any past rejections or times were you awakened love to soon and ask God for a full healing today!



Day 2

Healing

Bible Verse: “..that our daughters may be as corner stones, polished after the similitude of a palace” Psa.

144:12

Activity: Manicure/Pedicure

When you are connected to God you are as the cornerstone that joins two together and refines your very being to represent the Royal dwellings of the Holy Spirit. Take time today to bask in the knowing that when connected to God you are blemish free and royal.



Day 3

Courage

- Bible Verse: “Created for such a time as this” Est.

4:14

- Activity: Warm Bath

This verse hits us directly where we are. No matter trials or fear we must know that God has already prepared a way for us. To have courage in knowing that for such a time as this you were created and God has and will guide you every step of the way.



Day 4

Presence

- Bible Verse: “God is near to the brokenhearted and restores those of a contrite spirit” Psa.

34:18

- Activity: Worship Music &

Dancing

We can rejoice because many of us too are brokenhearted. God is near to you and wants to restore you with the contrite (remorseful) spirit. Embrace your broken pieces and know that God is near. Take time today to dance and praise God like nobody's looking!!

Just you and God.



Day 5

Repent

- Bible Verse: “They sought after vanity... and worshipped the works of their own Hands... things which do not profit” Jer. 1:18, 2:3, 2:8

- Activity: Journaling

Dig deep down inside and see the areas in your life that you have worshipped your beauty. Take this time to then repent and release all things to God. A way that can help get it all out without sugar coating is to try journaling.



Day 6

Love

- Bible Verse: “Love above all things covers the multitude of sin” 1 Peter 4:8
- Activity: Do something you love

This verse is to reveal to you that all your sins has been forgiven through Gods Love. To have joy and put a smile on your face and walk in the Love of God. Do something that you absolutely love and in the midst smile at God for His Gracious Love.




Day 7

Wholeness

- Bible Verse: “Daughter, your faith has made you whole. Go in peace and be healed of your affliction” Mar. 5:34
- Activity: Mirror Affirmations

Today rejoice in the wholeness.

Believe that God has restored you and made you whole in His sight. Don't doubt it one bit. Gods word is true and you can go in peace and be healed of any of your afflictions. Today take the time to look in your mirror and see the beautiful, beloved, courageous precious jewel that God sees.



Thank You for taking this 7
Day Challenge with Me!
May God guide you and Bless
You.

Morgan Tracy J.

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