

The background of the image features a soft-focus photograph of dried, light-brown leaves in the upper left corner and a grey, textured notebook with a gold-colored pen in the lower right corner. A large, semi-transparent peach-colored rectangle is centered over the image, serving as a backdrop for the text.

DAY 3

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# Self Love Challenge

There's nobody more important in this world than you!

[WWW.ISRA.CO.IN](http://WWW.ISRA.CO.IN)



## 03 Plan your 'Me' time

Every day we are so busy playing multiple roles in our life, that we tend to forget ourselves. Has that happened to you? While we attend to all external demands, we don't really take out time for ourselves.

The most important person who deserves your attention, is YOU! So here is your self-love task for today

Make a list of 5 things that really make you happy, content, and de-stresses you. It could be reading a book, cooking, taking a walk, playing with your child, meeting a friend, watching a favourite show or a movie, painting, just resting, or anything else. Just write it down.

Once you finish writing your list, take 30 minutes of 'ME Time' today doing something you enjoy. Disconnect with your surroundings. Do it without guilt or apology. Do it because you DESERVE to have some time for yourself.

This is a gift you give to yourself.

# Make your list here

*5 things that really make you really happy and de-stress you*

1

2

3

4

5

*There is no one in the universe who is more deserving of your love  
and affection than YOU.*

# Reflection

*How much time do you spend each day on activities that nurture you instead of depleting you? Do you take out time to do things that make you happy? How does this affect you?*

*Today schedule 30 minutes of 'ME Time', and consciously do something you enjoy.*  
*Disconnect with your surroundings. Do it without guilt or apology.*  
*Do it because you deserve to have some time for yourself.*



# Heal Your Life Workshops

This is your unique opportunity to become an **Internationally Licensed Heal Your Life Trainer** and learn from the experts!

This 7 day residential certification will give you the full manual, tools and the practice to lead intensely powerful transformation workshops, which have impacted millions of lives across the world. Based on the powerful philosophy of Louise Hay, these workshops are currently conducted in 72 countries!

**Residential Course** (20-27 July 2025)

**Know More:** <https://www.isra.co.in/heal-your-life-workshop-leader/>

## INTERNATIONAL CERTIFICATION



*www.isra.co.in*

ISRA as a company, owes its inception to two young entrepreneurs who share a passion for creating mentally and emotionally healthy communities globally, and a burning desire to facilitate positive transformations.

At ISRA, our purpose is to offer highly relevant and great quality content, based on principles of behavioural science, in a format that is richly experiential.

All our programs, digital and in-person, are designed to initiate a powerful shift in the way we think and behave. It is essentially about encouraging people to operate from a deep sense of purpose, relatedness, meaning & fulfilment.

## SNEHA & SHASHANK

